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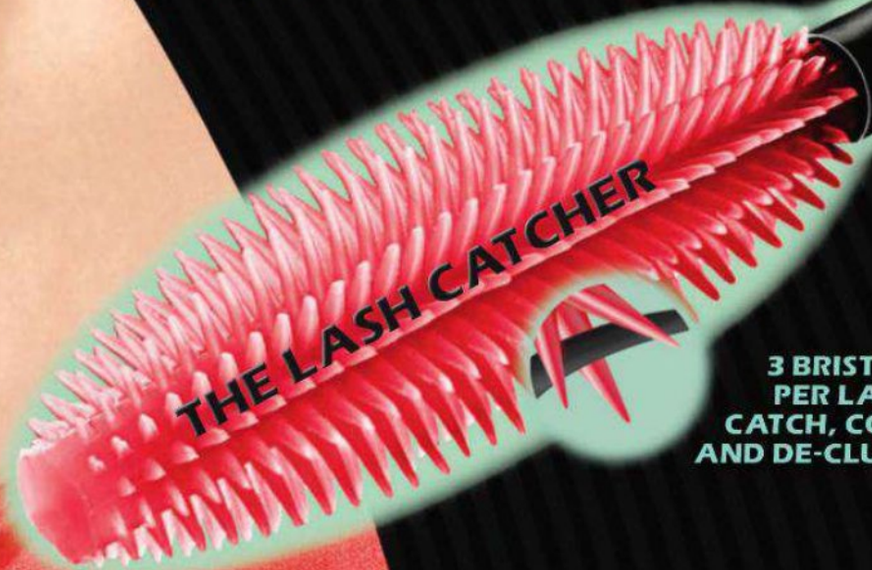
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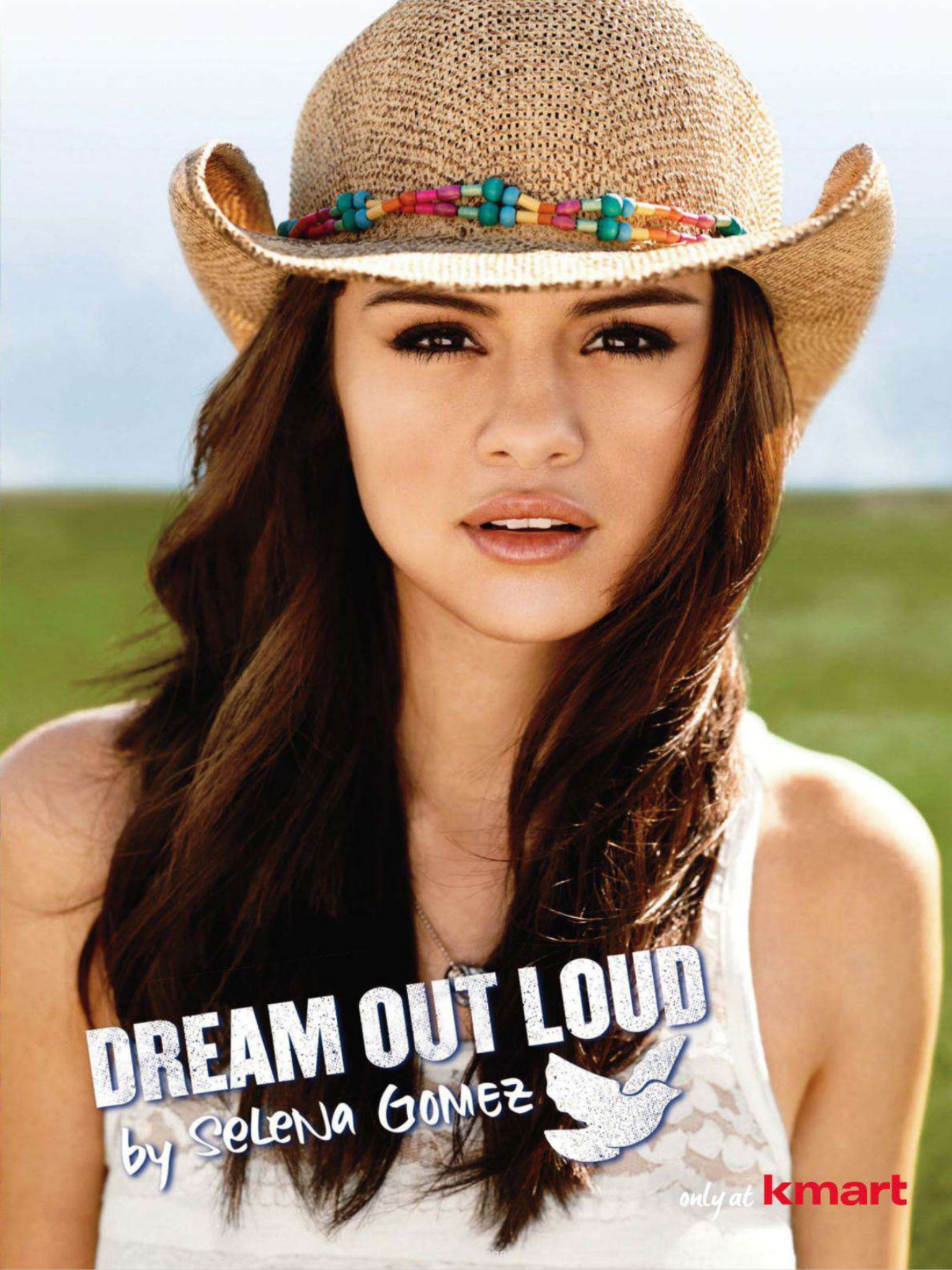
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Drew Barrymore is wearing Smoky ShadowBlast in Silver Sky and Liquiline Blast in Violet Voltage.

easy breezy beautiful COVERGIRL




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2011

# march

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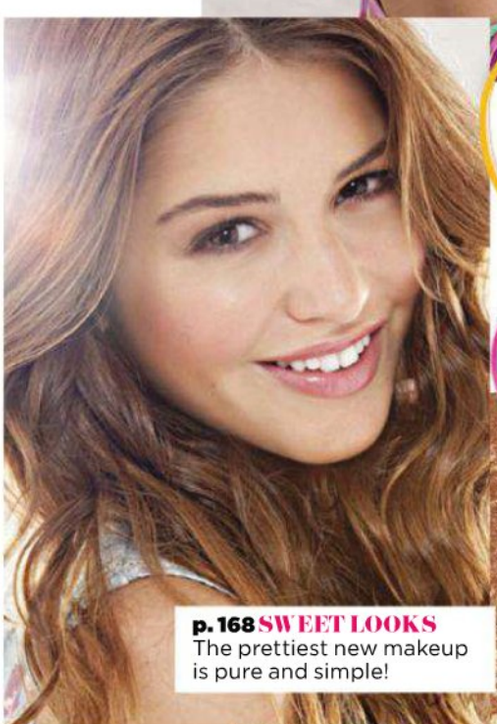


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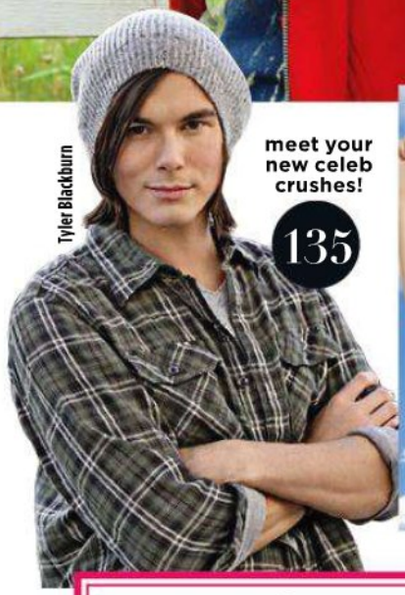
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MAIN PHOTOS: (HOT STYLES): TERRY DOYLE; (SWEET LOOKS) FERNANDO MILANI. STILL LIFES: (FASHION) JESUS AYALA/STUDIO D; (BEAUTY) J MUCKLE/STUDIO D.


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GET READY FOR A MAJOR SPRING FLING!



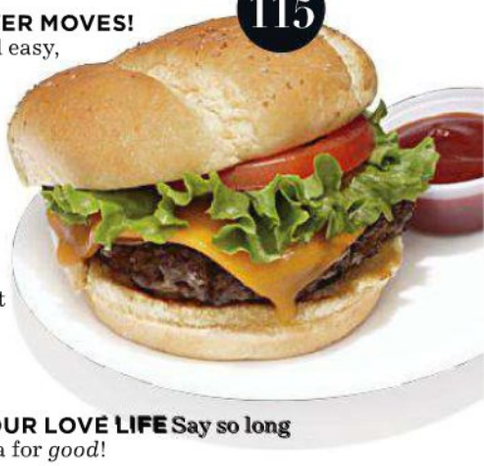
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122 **SNEAKY WAYS TO STAY ON HIS MIND** With these flirty moves, your crush won't be able to stop thinking about you.

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130 **IS MONEY RUINING YOUR FRIENDSHIP?** How to deal when cash gets between you and your girls.

132 **THE WILDEST STORIES EVER!** You won't believe the crazy stuff that happened to these three readers.

133 **YOUR FIRST-YEAR PHOTO ALBUM** *Your* FB wall will soon be splashed with funny pics like these!

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180 **MARCH HOROSCOPES** Check out all the juicy predictions for your sign.



YOU'RE
PRETTY AMAZING

Turn to p.36 to find out how to enter our contest to be on a *Seventeen* cover, then go online to check out tips from the people who make our covers happen:

- Pose with tricks from *Seventeen* photographers!
- Find the secret to awesome cover hair!
- Make your skin flawless and your eyes pop with advice from celeb makeup artists!

GET IT ALL NOW AT SEVENTEEN.COM/PRETTYAMAZING.




MAIN PHOTOS: (GET READY FOR A MAJOR SPRING FLING!) SAYE; (GET FIT FAST!) CHRIS ECKERT/STUDIO D; (YOU'RE PRETTY AMAZING) TERRY DOYLE. STILL LIFE: PHILIP FRIEDMAN/STUDIO D. BLACKBURN: COURTESY OF RON TOM/ABC FAMILY.




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# Hi from Ann!

**Quick Q:** If you could see anyone on the **cover** of *Seventeen,* who would it be? Did you **immediately** think, My BFF would be awesome! Or maybe even, Um, *me*?!? Well, guess what? It could **really** happen!

About a year ago, I wrote about how you guys were asking to see "**real girls**" on the cover—you wanted to see girls like you and your friends who are working like **crazy** to make their mark on the world. So I asked *you* to tell me who you thought would be the **perfect** cover girl. Since then, I've read nonstop e-mails, Tweets, and Facebook messages from girls nominating themselves! Your stories were so amazing that they inspired this month's huge announcement: We're kicking off the **Pretty Amazing Contest,** our search to find the **ultimate** *Seventeen* reader to be on the **cover**! The winner snags a **$10,000 scholarship** from Neutrogena—and five finalists will score a weekend trip to New York City! Yes, we're looking for someone who has that cover-star glow. (We'll help you get it with expert hair, makeup, and posing tips at **seventeen.com/prettyamazing**.) But even more important, we want to find someone who's making the world more amazing in her own special way. (Our cover girl, Miranda Cosgrove, is only 17, and she's achieved more **success** than stars twice her age—plus, she is going to help us pick the **winner**!) Turn to page 36 for details, and then enter! I can't wait to read all about **you**!

XOXO
-A.

PS: Don't forget to stay in touch with me at **ann@seventeen.com**!

## SOME PRETTY AMAZING GIRLS

**A few superstar girls who inspired me . . . let them inspire *you* to enter the contest!**



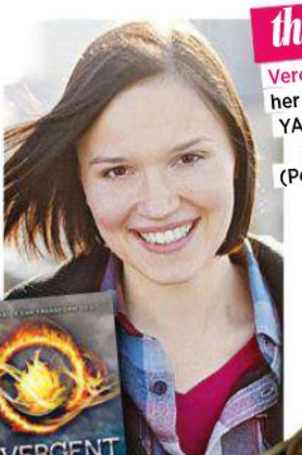
### the mini mogul

Chelsea Krost, 17, gave millions of teens a voice when she created her own Internet radio show, *Teen Talk Live with Chelsea Krost*!



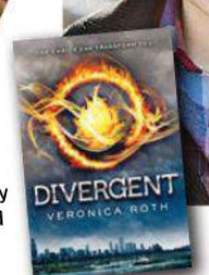

### the activist

Lovetta Conto, 17, turned bullet casings from her war-torn homeland of Liberia into a jewelry line—all the proceeds go toward helping refugees like her!



### the success story

Veronica Roth, 22, just landed her first major book deal—her YA thriller, *Divergent,* will be published this summer. (People are calling it the next *Hunger Games*!)






### the survivor

After a shark bit off her arm while she was surfing, Bethany Hamilton, 20, not only lived, but she also became a pro surfer! (The book about her life is being turned into a movie that comes out in April!)





### the entrepreneur

Ava Anderson, 17, combined her passion for the environment with her love of beauty products to create her own skin care line called Ava Anderson Non-Toxic!

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PHOTO OF ANN: PERRY HAGOPIAN. ROTH: NELSON FITCH. HAMILTON: (PORTRAIT) NEWSPIX/GETTY IMAGES; (SURFING) KIRSTIN SCHOLTZ/GETTY IMAGES.



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|---|---|---|---|---|---|---|
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| BLISSLIVING HOME | 6  London Duvet Set [london] | 7  Ashley Citron Duvet Set [ashley] | 8  Shangri-La Duvet Set [duvet] | 9  Kew Green Duvet Set [green] | 10  Anis Duvet Set [anis] | 11  Icelandic Dream Duvet Set [dream] | 12   $100 Gift Card [bliss] |
| PIER 1 IMPORTS | 13  Red Roses Pillow [roses] | 14  Hayworth Vanity Bench [bench] | 15  Blossom Mosaic Mirror [mirror] | 16  Hayworth Nightstand [glam] | 17  Seaglass Table Lamp [lamp] | 18  Papasan Chair & Cushion [seat] | 19   $100 Gift Card [pier1] |
| JCPENNEY | 20  Seventeen Leopard Love Comforter Set [love] | 21  Wild Kingdom Bedding Set [wild] | 22  Seventeen Tangerine Dreams Comforter Set [tangerine] | 23  Camryn Bedding Set [blue] | 24  Seventeen Natasha Comforter Set [set] | 25  Seventeen Candy Swirl Quilt Set [swirl] | 26   $100 Gift Card [gift] |
| UMBRA | 27  Fish Hotel [hotel] | 28  Big Time Clock [time] | 29  Big Ben Clock [clock] | 30  Vara Frame Collage [pics] | 31   $100 Gift Card [umbra] | | |

**HOW TO ENTER:** Starting March 1, log on to seventeen.com/freebies every day and type in the Freebie Phrase of the Day [in red] to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours beginning at 12 A.M. ET. Winners will be posted online the next weekday by 10 A.M. ET. Go to seventeen.com/freebies or see page 178 for details.

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# how do you do?





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Mixed Media Artist
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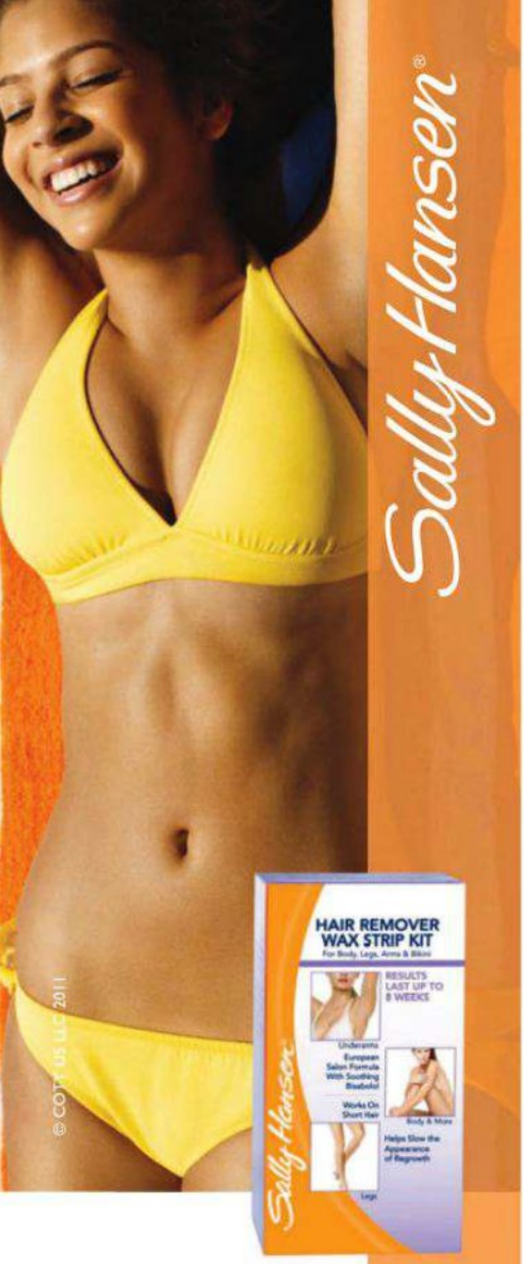


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# the new OLAY generation



SEVENTEEN STYLE PRO

We're all part of a new generation of women—smart, savvy girls who are ready to take on the world! After I graduated from the University of Michigan last year (Go Blue!) and moved to New York, I was so excited—but also very nervous—to start my first "real world" job at Seventeen. Just like Carrie Underwood is the new face of Olay, I was going to be representing Seventeen—and I had to put my best face forward! Luckily, my friends and family gave me tips to prepare, and they provided me with the confidence boost I needed to hit the ground running. Our generation experiences so many exciting "firsts" every day. Here are my tips to help you prepare for a big "first" in your life!

XOXO, Amy

## tip one: shop smart

It will be your first time meeting a lot of new people, and you'll want to be sure that you look and feel your best. Pick up a few basic pieces like cute cardigans that can be tossed on with anything to make you feel great.

## tip two: get some beauty rest

In her early 20s Carrie began to focus on her face and skin to keep herself looking and feeling good. By getting 8 hours of sleep each night, you will not only keep your skin looking great, but it will help you to feel your best!

## tip three: just face it

**Olay Facial Cleansing** sets the standard for giving skin that ultra-clean feeling. The **Pore Minimizing Cleanser & Scrub** will make you feel ultra-prepared for that first day at work, with a 2-in-1 foaming formula that exfoliates to help minimize the appearance of pores while cleansing skin deeply.

## tip four: be an early bird

Plan to arrive 15 minutes before you're supposed to. Appearing rushed—or worse, showing up late—not only gives a bad impression, but will throw off your entire day.



I am so excited to be the new face of Olay and to get to represent a new generation of women who are interested in skin care.

–Carrie Underwood

Olay facial cleansing products are a must-have for every "first"!




# enter to win!

As a new generation of women, we experience all types of "firsts" – from our first day of college to our first apartment. Text us a photo that represents one of the "firsts" in your life, and you will be entered to win another "first"– a trip to a city you've never been to! PLUS, you will score a $1,000 shopping spree! Simply text your photo and OLAY to 60856 or go to seventeen.com/olay to enter.

**Check back next month** for a new Olay generation "first" from another *Seventeen* Style Pro!

NO PURCHASE NECESSARY TO ENTER OR WIN. A NEW GENERATION CONTEST. Sponsored by Hearst Communications, Inc. If your phone is not text compatible or your handset/carrier doesn't support photos, go to seventeen.com/olay to enter. Text OLAY and photo to short code 60856 from your mobile phone. Mobile phone entrants will be charged standard text messaging rates for text messages sent and received. You will receive one text message confirming your entry and an additional text message to obtain your name, age and contact information. Contact your carrier for pricing plans and details. Text and photo entry not available with T-Mobile. Text HELP to 60856. To end messages Text STOP to 60856. Contest begins at 12:01 a.m. ET on February 1, 2011 and ends at 11:59 p.m. ET on March 14, 2011. Must be female, ages 13 – 24 and a legal resident of the 48 Continental United States or District of Columbia. Void where prohibited by law. Contest subject to complete official rules available at seventeen.com/olay.

There is a promotional agreement in place between *Seventeen* and Olay.

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# OLAY

## CLEANSING





*GETTING ALL GLAMMED UP IS PART OF MY JOB.*

*CLEAN, BEAUTIFUL SKIN — THAT'S MY CLEANSER'S JOB.*

*– Carrie Underwood*




### OLAY FACIAL CLEANSERS

Glamming it up isn't the only fun part. These cleansers are good, clean and fun. They go deep down to the pore for skin that's naturally beautiful. Even without makeup. Well, maybe just a little. Become a fan at facebook.com/Olay.

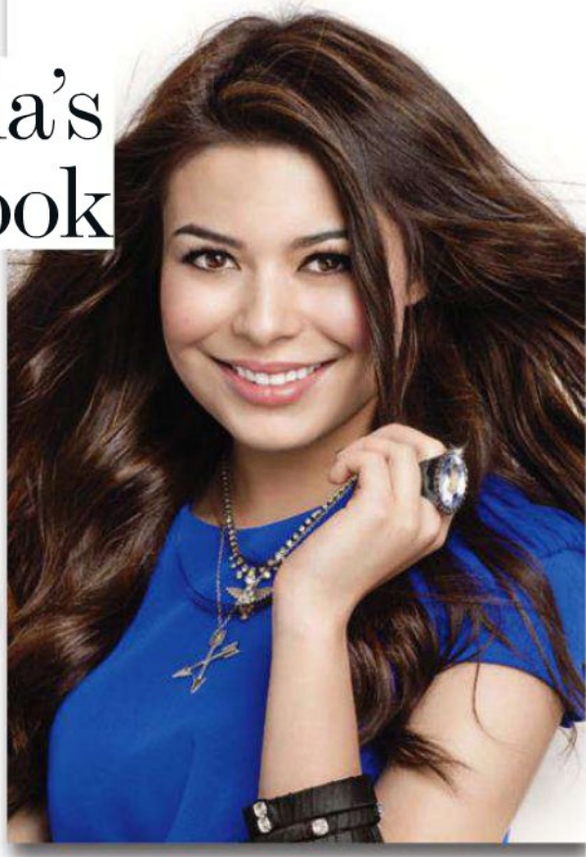
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# get miranda's *natural* look

She shines from the inside out—now you can grab her effortless glow!



Dress by Naven. Rhinstone necklace by Dannijo. Arrow necklace by Lulu's. Satin bangles by Lee Angel. Ring by Sequin. Fashion Stylist: Beau Quillian. Hair: Adir. Makeup: Kate Lee. Manicure: Naja. Photographs: Colette de Barros.



**lip color**
Neutrogena MoistureShine LipSheer in Fresh Rose, $8, drugstores

**foundation**
Neutrogena SkinClearing Oil-Free Makeup in Nude, $12, drugstores

**eyeliner**
Neutrogena Nourishing Eye Liner in Spiced Chocolate, $8, drugstores






**blush & bronzer**
Neutrogena Healthy Skin Custom Glow Blush & Bronzer in Rosy Glow, $12, drugstores

*seventeen* reader reward




## *FREE LIPSTICK from Milani*

10,000 readers will score a **FREE** Milani HD Advanced Lip Color! Go to **seventeen.com/milani** and enter the code **kiss**.

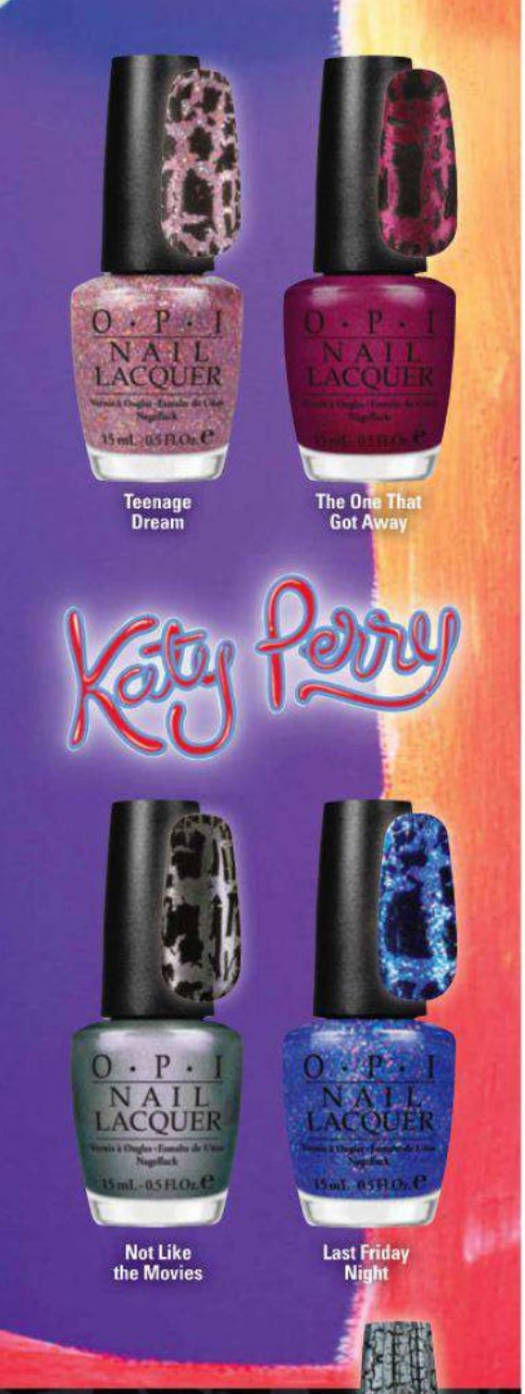
Between February 8, 2011, and March 14, 2011, go to seventeen.com/milani and enter the code kiss to receive a free Milani HD Advanced Lip Color. Ten-thousand (10,000) gifts will be given away. One per person. While supplies last. Once all lip glosses are distributed, there will be no substitute product given away. Go to seventeen.com/freebies or see page 178 for more details.

SEVENTEEN.COM Go behind the scenes of Miranda's cover shoot at seventeen.com/miranda

STILL LIFES: J MUCKLE/STUDIO D.




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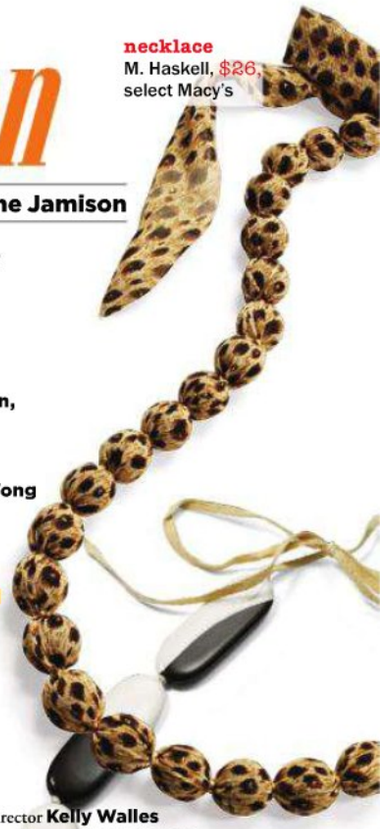
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**bangle**
M. Haskell, $20, select Dillard's



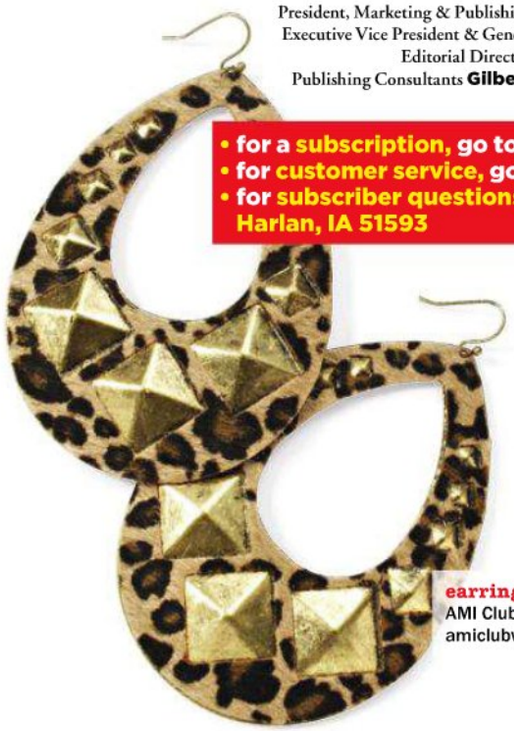
**bangle**
Lulu's, $11, lulus.com

**necklace**
M. Haskell, $26, select Macy's





**necklace**
Make Me Chic, $10, makemechic.com



**earrings**
AMI Clubwear, $10, amiclubwear.com



**ring**
Betsey Johnson, $35, betseyjohnson.com

STILL LIFES: CHRIS COPPOLA/STUDIO D.

O·P·I

# Katy Perry




Look for Katy's new album,
*Teenage Dream!*

CALIFORNIA

THE GOLDEN

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# what you think!

We hear you! Here are your comments about the Dec/Jan issue that got *us* talking.

## style superstar



The fact that Victoria Justice was a 2010 Style Star made me really happy. She's such a laid-back celeb, but she is still so amazingly successful with *Victorious.* I think it's because she has this sort of unique flair—you just look at her and what she wears, and she seems so effortlessly *cool.* You can't help but want to find out more about her!

*–marissa, 20, melville, ny*

## DORM DRAMA

"Reading 'Avoid Psycho Roommates!' made me realize *I* could have been one! My roomie's BF is always here. But instead of freaking out, like I wanted to, I tried getting to know him. Turns out, he's great!"

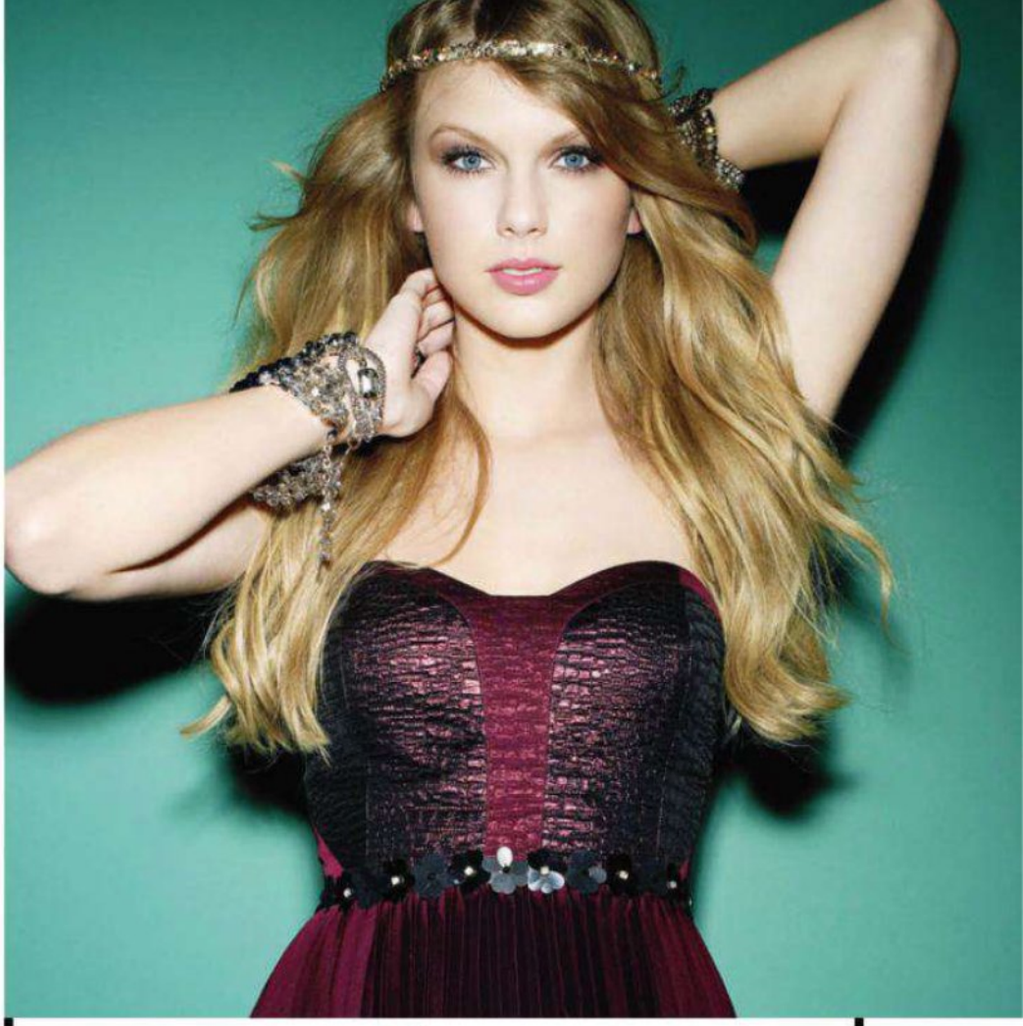
*–liz, 19, pompton plains, nj*

## bust a move



I'm part of a dance company, and I want to be the strongest person in my group! "The 10-Minute Morning Workout" is perf for me because I can fit it in before school starts, and it tones everything. An extra note: Be sure to stretch afterward—your muscles may feel a bit tight later!

*–ashley, 15, south river, nj*



SWIFT: CLIFF WATTS.

## speak now

**Our Dec/Jan cover girl Taylor Swift set off a major controversy with this quote:**

***"If you cry over a guy, your friends can't date him. It can't even be considered."***

**Is Taylor too strict about the girl code? Here's what you say!**

### SHE'S RIGHT!



My BFFs and I made a pact where we can share clothes and makeup—but not boys, no matter how hot they are! Period.

–CAITLIN, 16, CHINO HILLS, CA

### SHE'S WRONG!



True friends don't stand in the way of love! My BFF used to like my BF, but she was happy for me when the two of us hit it off!

–SHELBY, 16, GULF BREEZE, FL


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I thought it was over....

The impossible choices, the sacrifices of those I loved. But a storm is approaching and they will drag me back, kicking and screaming. Back into a conflict so powerful...I'm not sure anyone can survive it.

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## BODY BREAKDOWN

"Just like Erica in 'I Thought a Nose Job Would Stop the Bullying,' I used to come home from school and cry to my mom every day. I thought I was ugly, especially my big thighs. I wanted liposuction, and I genuinely thought it would solve all my problems. Thank God, I didn't do it, because as I've gotten older, I realize how strong and awesome my legs are!"

*-caroline, 21, miami, fl*



## *no sweat*

I like **fashion** and I *love* parties, so the cozy sweats paired with fun sparkly **party** clothes in "Mix it Up!" totally spoke to me! I'd be **lying** if I said I wasn't tempted to wear my sweats to **parties** sometimes. Comfy, snuggly, *and* cute? Always a fashion yes in my book!

*-philippa, 15, port moody, bc, canada*

## FACEBOOK COMMENT OF THE MONTH!

**We asked our fans to share their best kissing tips with us!**



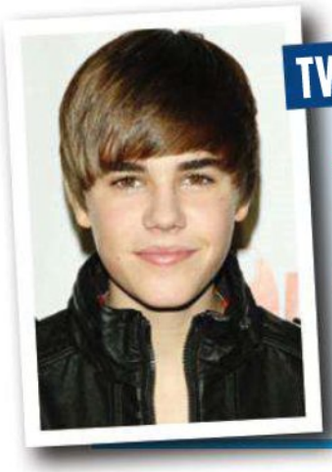
I brush my lips across his lips before I kiss him . . . the suspense of waiting for the real kiss makes it even better :)

–emma

**Become a fan of *Seventeen* on Facebook at facebook.com/seventeenmagazine!**

SEVENTEEN.COM Tell us what you think about this issue at seventeen.com/mail.

MAIN PHOTO: TERRY DOYLE.



## TWITTER POLL

**WE ASKED OUR TWITTER FOLLOWERS:**

**#wouldyourather meet you soul mate tomorrow or meet @justinbieber tomorrow?**

# 87% of you said: Justin Bieber!

**Follow *Seventeen* on Twitter at twitter.com/seventeenmag to play the #wouldyourather game with us—we may retweet you!**

# *a cocktail for disaster*

I'm graduating next year and I've been **so excited** about college **parties.** "Party Predators" made me pause. In my town, I know everyone, and my parents are always nearby. I realize now I'll need to be careful about small **stuff** when I get to school, like caffeinated alcoholic drinks I don't recognize, or letting a guy take me to a separate room in the party, even if I kind of know him from classes. I have to look out for myself!

*–bridget, 18, silver spring, md*

# RIPPED FROM OUR PAGES

**Check out these real-girl looks inspired by our Dec/Jan fashion stories!**

How do I "Rock [My] Little Black Dress"? Add red heels—everyone will notice!

–SAXBY, 18, NASHVILLE, TN

People say I look like Troian from *Pretty Little Liars.* I love her long necklace in the issue!

–JULIA, 16, MONROE, MI

I always dress to "Celebrate [My] Shape." This combo makes my waist look tiny!

–DEJA, 16, LAS VEGAS, NV




FASHION PHOTOS: (LITTLE BACK DRESS AND CELEBRATE YOUR SHAPE) CHRIS ECKERT/STUDIO D (2). BELLISARIO: KENNETH WILLARDT. BIEBER: JIM SPELLMAN/GETTY IMAGES.


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# ARE YOU PRETTY AMAZING?




## You could be on a cover of *seventeen* and win a $10,000 SCHOLARSHIP!

## *Enter Seventeen's Pretty Amazing Contest!*

We're looking for the ultimate real girl to be on the cover of *Seventeen*! Are you passionate, creative, or mega-talented? Do you see change that needs to be made in the world and know that you have the power to *make* that change? Have you done something awesome that's worth celebrating? Tell us your amazing story at **seventeen.com/prettyamazing** now!




**GUEST JUDGES:**


Julie Alexandria, HOST OF MTV's *The Seven*


Jared Eng, FOUNDER OF JustJared.com & JustJaredJr.com

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# What's your most stubborn makeup most afraid of?



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# fashion

esther, 21

# cute new stuff you need NOW!

Shed your winter layers and get excited for spring! Here's the best stuff of the season—so your shopping trip is a breeze.

## your shopping list!

- ☑ pretty skirts
- ☑ faded jeans
- ☑ flirty tanks
- ☑ bold necklaces
- ☑ short shorts
- ☑ funky oversize tote!

**tote**
Joyrich by LeSportsac, $128, lesportsac.com.
**sweatshirt**
Sizes XS–XL, Vans, $38, vans.com.
**dress**
Sizes S–L, AMI Clubwear, $36, amiclubwear.com.
**tights**
Hue, $14, hue.com.
**heels**
Sizes 6–10, Chinese Laundry, $89, chinese laundry.com.

REAL-GIRL PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: CONRAD DORNAN FOR SHU UEMURA THE ART OF HAIR. MAKEUP: CLAUDIA LAKE FOR NARS COSMETICS/CONTACTNYC. ON ESTHER: EARRINGS, LULU'S; NECKLACE, A.V. MAX; WATCH, TIMEX; RING ON RIGHT HAND, CLAIRE'S; RING ON LEFT HAND, NISSA JEWELRY. STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES. PHOTO CREDITS



www.downmagaz.com

# skirts

**skirt**
Sizes S–L, Forever 21, $18, forever21.com.
**sweater**
Sizes S–L, Absolutely, $15, T.J. Maxx stores.
**shirt**
American Apparel, $58, americanapparel.net.
**headband**
LN Accents, $30, lnaccents.com.
**bracelet**
Lulu's, $11, lulus.com.

cassidy, 16

## mini

**denim**
Sizes S–L, Celebrity Pink Jeans, $30, Macy's. **belt** American Eagle Outfitters, $25, ae.com.

**skulls**
Sizes XS–XL, Daang Goodman for Tripp NYC, $54, trashandvaudeville.com. **belt** Urbanog, $12, urbanog.com.

**shimmer waist**
Sizes S–L, Hazel, $75, myhazel.com

Peter Som

Rihanna

**floral**
Sizes XS–L, Aéropostale, $40, Aéropostale stores

**drawstring**
Sizes S–L, Monteau, $25, flirtcatalog.com

## maxi

Paul & Joe

**striped**
Sizes 00–18, TopShop, $60, topshop.com

**chiffon**
Sizes S–L, Fire LA, $42, firela.com. **belt** Lucky Brand, $30, luckybrand.com.

**bright**
Sizes S–XL, WD.NY, $78, call 212-395-9309 to order. **yellow belt** Make Me Chic, $5, makemechic.com. **orange belt** Urbanog, $10, urbanog.com.

Vanessa Hudgens

ON CASSIDY: EARRINGS, CLAIRE'S; NECKLACE, BCBGENERATION. RIHANNA: SPLASH NEWS. HUDGENS: JEN LOWERY/SPLASH NEWS. RUNWAY PHOTOS: (PETER SOM) THOMAS CONCORDIA/WIREIMAGE; (PAUL & JOE) WIREIMAGE.



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Katy K., Age 17 ( before and after)*




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*Individual results will vary.

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# faded jeans



**skinny** Sizes 24–32, DKNY Jeans, $69, zappos.com



**rolled** Sizes 00–18, Vanilla Star, $34, belk.com. **belt** Streets Ahead, $94, 800-669-8218.



Emma Stone



**cropped** Sizes 0–13, YMI Jeans, $32, ymijeans.com



Balmain



**flare** Sizes 1–13, Amethyst, $30, Deb stores



**bootcut** Sizes 21–34, BKE, $73, buckle.com. **belt** Urbanog, $12, urbanog.com.



**jeans** Sizes 24–32, It Jeans, $78, revolveclothing.com. **shirt** Sizes S–L, FlirtCatalog.com, $24, flirtcatalog.com. **headband** LN Accents, $48, lnaccents.com. **scarves** Pink scarf, $14, and black scarf, $9, both Lulu's, lulus.com. **sneakers** Sizes 5–11, Adidas, $65, select Adidas Originals stores.

ON ESTHER: TANK, OLD NAVY; EARRINGS, BETSEY JOHNSON; RHINESTONE BRACELET, ROSENA SAMMI; GREEN BRACELET, GRAYCE BY MOLLY SIMS; WATCH, TOMMY HILFIGER. STONE: TAYLOR HILL/WIREIMAGE. RUNWAY PHOTO: CHRIS MOORE/CATWALKING/GETTY IMAGES.

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# racerback tanks

**tank**
Sizes XXS–L, Obey Clothing, $51, shop.obeyclothing.com.
**bandeau**
Sizes S–L, Hazel, $20, myhazel.com.
**shorts**
Sizes 0–12, Armani Exchange, $88, armaniexchange.com.
**tights**
Simply Vera Vera Wang, $12, Kohl's.
**belt**
Forever 21, $5, forever21.com.
**bracelet**
Lulus, $11, lulus.com.

**waist-tie**
Sizes XS–XL, DKNY Jeans, $34, zappos.com

**tie-dye**
Sizes XS–XL, Vans, $24, vans.com.
**necklace**
Lenora Dame, $80, lenoradame.com.

**striped**
Sizes XS–XL, Aéropostale, $25, Aéropostale stores

**boho**
Sizes XS–L, American Eagle Outfitters, $25, ae.com

**graphic**
Sizes XS–L, Lost, $32, lostenterprises.com.
**necklace**
Shoshanna's Fashion Jewelry Essentials, $49, qvc.com.

**bold**
Sizes XS–L, Stewart and Brown, $78, stewartbrown.com.
**yellow necklace**
Lulu's, $14, lulus.com.
**orange necklace**
Urbanog, $15, urbanog.com.

Lauren Conrad

Lanvin

ON CASSIDY: SUNGLASSES, FRED FLARE; EARRINGS, INFLUENCE; RING, FREEDOM AT TOPSHOP. CONRAD: GABO/MATEL/BAUERGRIFFINONLINE.COM. RUNWAY PHOTO: MARIA VALENTINO/MCV PHOTO.




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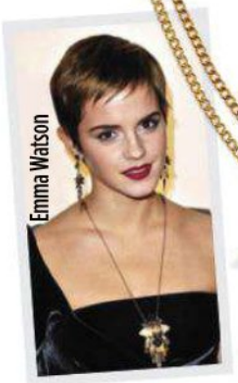
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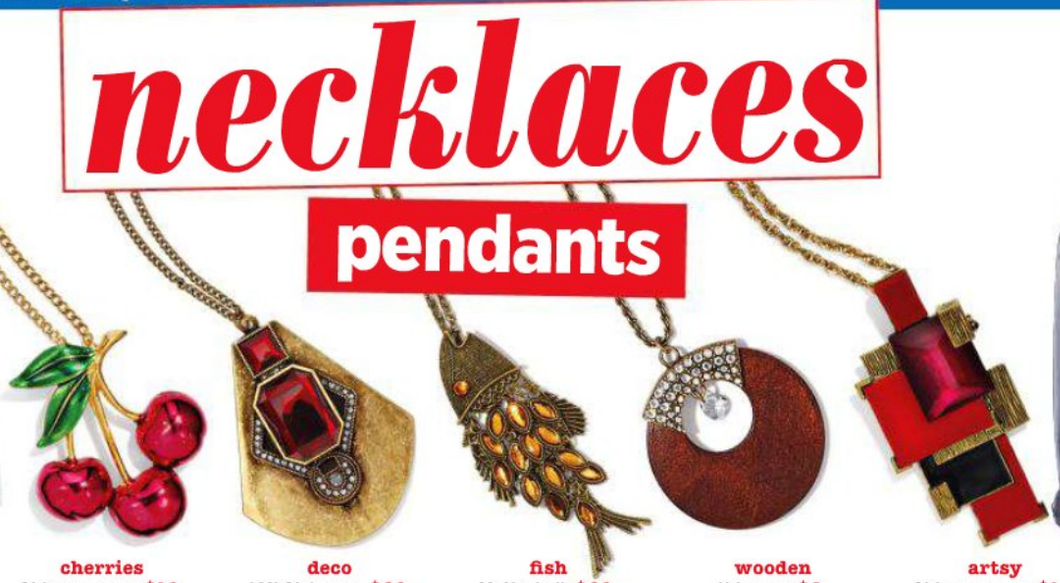
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# necklaces

## pendants



**cherries**
Girlprops.com, $10, girlprops.com

**deco**
AMI Clubwear, $20, amiclubwear.com

**fish**
M. Haskell, $20, select Macy's

**wooden**
Urbanog, $9, urbanog.com

**artsy**
Girlprops.com, $10, girlprops.com




## oversize



**bright stones**
H&M, $18, H&M stores

**sparkly**
Forever 21, $11, Forever 21 stores




**arts and crafts**
M. Haskell, $48, call 212-764-3332 to order




**large-bead bib**
Lulu's, $16, lulus.com.

**small-bead bib**
Mixit by JCPenney, $25, JCPenney.

**dress**
Sizes S–XL, Fleurish, $35, Macy's.

**top**
Sizes XS–XL, Aéropostale, $50, Aéropostale stores.

**earrings**
Lulu's, $15, lulus.com.



SEVENTEEN.COM Sneak a peek at what celebs and *Seventeen* editors have on their shopping lists at seventeen.com/loveit

ON ESTHER: RING, FOREVER 21. WATSON: JON FURNISS/WIREIMAGE. PERRY: WIREIMAGE. RUNWAY PHOTOS: (MILLY) FRAZER HARRISON/GETTY IMAGES FOR IMG; TRACY REESE) FRAZER HARRISON/GETTY IMAGES FOR TRESEMMÉ.




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# shorts

**shorts**
Sizes 24–30, Forever 21, $23, Forever 21 stores.
**shirt**
Sizes XXS–XXL, American Eagle Outfitters, $25, ae.com.
**belt**
American Eagle Outfitters, $25, ae.com.
**socks**
American Apparel, $4, americanapparel.net.
**shoes**
Sizes 5½–10, Urbanog, $20, urbanog.com.

## ultra-short


Shanae Grimes



**dolphin**
Sizes XS–XL, Hurley, $35, Macy's


Karen Walker





**floral**
Sizes S–L, Lani, $24, flirtcatalog.com.
**belt**
Make Me Chic, $9, makemechic.com.

**cutoff**
Sizes 00–16, American Eagle Outfitters, $37, ae.com

## cuffed



**railroad stripe**
Sizes 24–32, Level 99, $76, amazon.com



**pleated**
Sizes 00–16, Delia's, $35, delias.com


Blake Lively


Gap



**utility**
Sizes 0–12, Unionbay, $30, unionbay.com



**distressed**
Sizes 1–13, Celebrity Pink, $25, Macy's

ON CASSIDY: NECKLACE, LENORA DAME; BRACELETS FROM ELBOW TO WRIST: RED BRAIDED BRACELET, LULU'S; GREEN AND BROWN BRACELETS, ETTIKA; FRIENDSHIP BRACELETS, AMERICAN EAGLE OUTFITTERS; GOLD BRACELET, LULU'S. GRIMES: POERSCH/X17ONLINE.COM. LIVELY: ANDERSON/BAUERGRIFFINONLINE.COM. RUNWAY PHOTOS: (KAREN WALKER) SLAVEN VLASIC/GETTY IMAGES; (GAP) COURTESY OF COMPANY.




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PROMOTION

# THE POWER OF 9

got milk?

You could be one of the next Milk Mustache celebrities! Just like the power of the 9 essential nutrients in milk, a group of 9 girls will work together as brand ambassadors to show teen girls that milk can help you be your best. Just ask the **newest Milk Mustache Celebrity, Julianne Hough**—being active, making good food choices, and drinking lowfat milk has helped her look lean and strong on the outside and feel confident everyday. Check out my exclusive behind-the-scenes photos from Julianne's Milk shoot in L.A. and enter **The Power of 9 Contest** for your chance to become the next Milk Mustache star!



*seventeen* STYLE PRO

*xoxo, Angie*

THIS COULD BE YOU!





Nothing shows your confidence more than a great smile. Milk's an excellent source of calcium and vitamin D that helps keep Julianne's teeth healthy.



Like Julianne, shine from the inside! Milk has vitamin A which supports smooth, healthy skin.



Julianne knows that, along with exercise, the protein in milk can help build lean muscle—empowering her to tackle her busy schedule feeling toned and fit.

## You could be in the next Milk Mustache celeb ad!

Milk and *Seventeen* have teamed up in search of 9 girls to become the next Milk Mustache celebrities! Submit a short video that shows us who you are, what inspires you, and why milk is an important part of your life. Teens will vote on their favorite videos and 9 girls will become **the next Milk Mustache celebrities, featured together in a Milk Mustache ad!** This elite group of 9 girls will have the chance to make a positive impact on other teen girls throughout the year as milk insiders and ambassadors.
Find out more at **www.myyearbook.com/powerof9**.

**Do you have what it takes to be the next Milk Mustache celebrity? Here's how to enter:**

- In a 2 minute video (or less) show us who you are, what inspires you, and why milk is an important part of your life! Be creative and show us why you should be one of the 9 new Milk Mustache celebrities
- Visit **www.myyearbook.com/powerof9** for complete details on how to enter

No Purchase Necessary. Contest starts at 12:00 AM ET on 2/1/11 and ends at 11:59 PM ET on 3/14/11. Open to legal residents who are between the ages of 13 and 17 and are physically located in one of the 50 United States or DC. To enter and for complete Official Rules, visit www.myyearbook.com/powerof9. Sponsor: MyYearbook.com

got milk?

There is a promotional agreement in place between *Seventeen* and Milk Processors Education Program (MilkPEP).




www.downmagaz.com

# the best dress for

## HOURGLASS

carolina, 20



The scoop neck flatters a full bust while a nipped-in waist shows off feminine hips.

## scoop neck

**dress** Sizes XS–L, QSW, $64, quiksilver.com. **belt** BCBG Max Azria, $78, BCBG Max Azria stores. **sandals** Sizes 5–10, Armani Exchange, $68, armaniexchange.com.

## PETITE

rachel, 18



A body-hugging dress fills out your curves—the higher hem lengthens your legs without feeling bare.

## fitted mini

**dress** Sizes XS–L, Aurora Town, $99, call 631-907-4095 to order. **sunglasses** Forever 21, $6, select Forever 21 stores. **bag** Make Me Chic, $14, makemechic.com. **booties** Sizes 6–10, Marc Fisher, $89, marcfisherfootwear.com.

## ATHLETIC

kerrie, 20

Wide straps look best on strong shoulders, and a loose, floaty fit gives your toned frame a soft shape.



## floaty tank

**dress** Sizes S–L, Lulu's, $28, lulus.com. **hat** Lulu's, $18, lulus.com. **waist pouch** Urban Expressions, $39, southmoonunder.com. **sandals** Sizes 6–10, Mia, $59, miashoes.com.

REAL-GIRL PHOTOS: SARRA FLEUR ABOU-EL-HAJ/STUDIO D. FASHION STYLIST: DANIELLE NACHMANI AT STARWORKS ARTISTS. HAIR: TYLER LASWELL FOR TRESEMMÉ/CONTACTNYC.COM. MAKEUP: KRISTIN HILTON FOR DIOR BEAUTY AT STARWORKS ARTIST. ON CAROLINA: EARRINGS, MISS SELFRIDGE; WATCH, LULU'S; STUDDED BRACELET, AMI CLUBWEAR; SILVER BANGLE, URBANOG; RING, FOREVER 21. ON RACHEL: NECKLACE, URBANOG; SOCKS, HUE. ON KERRIE: GOLD CUFF, A.V. MAX; STUDDED CUFF, TONEKA. ON ALLYSSON: EARRINGS, FOREVER 21; NECKLACE, URBANOG; RESIN CUFFS, SEQUIN. ON KEREN: EARRINGS, MAKE ME CHIC; RING, DARA ETTINGER. ON NICOLE: EARRINGS, A.V. MAX; BRACELET, MAKE ME CHIC; WATCH, AMERICAN EAGLE OUTFITTERS.

# your body

What's not to love about a cute dress? It's a springy one-stop outfit that makes your body look hot. Find your perfect shape here!

## CURVY HIPS

allysson, 19



A darker bottom visually streamlines hips, while a flirty sweetheart neckline helps fill you out on top for balance.

## color block

**dress** Sizes S–L, Lulu's, $38, lulus.com. **bag** Imoshion, $73, lulus.com. **shoes** Sizes 6–10, Sperry, $125, sperrytopsider.com.

## CURVY BUTT

keren, 17

A cutout back that hits a little higher up highlights the curve of your booty in a cute way.



## cutout back

**dress** Sizes S–L, Judith March, $98, modcloth.com. **bag** Jessica Simpson Collection, $42, jessicasimpsoncollection.com. **heels** Sizes 6–10, G by Guess, $69, gbyguess.com.

## SMALL BUST

nicole, 20

A V-neck with a tie lets you show a peek of cleavage and adds volume to your bust. The sweet print keeps it from looking too sexy!



## tie front

**dress** Sizes S–L, Yumi London, $99, queenofheartsprovidence.com. **belt** Urbanog, $6, urbanog.com. **clutch** H&M, $18, H&M stores. **shoes** AMI Clubwear, $19, amiclubwear.com.

SEVENTEEN.COM Dress your fave celeb in spring's cutest body-loving dresses at seventeen.com/dressupgames.



www.downmagaz.com




**polo shirt**
Sizes XS–XXL, $25.
**skirt**
Sizes XS–XL, $40.
**necklace** $16.
**belt** $25.
All Aéropostale.
Available at
aeropostale.com.

# go casual, look chic!

**This spring, your favorite basics are getting a fashiony update. Here's the best of the best!**



IT'S COZY AND GIRLY!

## SKINNY HOODIE!

With a slim fit and bold stripes, this rugby really shows off your shape!

**rugby**
Sizes XS–XL, Olsenboye for JCPenney, $20, JCPenney



SHOWS TONS OF LEG!



## SEXY SURF SHORTS!

They have a flirty shape that highlights your tush, but they're just as strong as serious surf shorts.

**shorts**
Sizes 0–13, Roxy, $38, roxy.com

## COOL SNEAKS!

Leather high-tops! The boot pros are making sneaks feel rugged and tough.

**high-tops**
Sizes 5½–11, Frye, $108, fryecompany.com



THEY'VE GOT A ROCK EDGE!



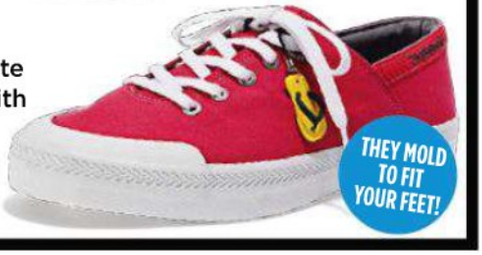
THEY ADD MAJOR PUNCH!

These are a collaboration with Marimekko, the artsy print company!

**sneakers**
Sizes 6–11, Marimekko for Converse, $75, converse.com

They're like your favorite Havaianas flip-flops, with extra-squishy soles.

**sneakers**
Sizes 6–10, Havaianas, $58, us.havaianas.com



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REAL-GIRL PHOTO: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: MARCOS DIAZ AT ION STUDIOS FOR REDKEN. MAKEUP: THORA AT KATE RYAN INC., FOR DIOR COSMETICS. ON TAYLOR: PENDANT NECKLACE, CLAIRE'S; TURQUOISE NECKLACE, MAKE ME CHIC; PURPLE BRACELET, ADA COLLECTION; BLUE BRACELET, DANIELLE STEVENS; SQUARE AND RHINESTONE BANGLES, LULU'S; SOCKS, HUE; SNEAKERS, CONVERSE. STILL LIFES: JESÚS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES. SURFER PHOTO: COURTESY OF ROXY.



SEVENTEEN.COM Show off *your* sporty style ideas at seventeen.com/stylewar




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# FASHION HAUL!

**We found the hottest buys in stores right this second. Get them now before they're gone!**

## 1 COLOR-BLOCK HEELS

They give you the perfect dose of this of-the-moment runway color trend!

**shoes**
Sizes 5–10, Asos, $160, asos.com





## 2 PRETTY BOLERO

The petals are heart-shaped! How cute is that?!?

**jacket**
Sizes 2–12, H&M, $60, H&M stores

## 3 CHAIN MINI-BAG

It's a classic bag but with a fun polka-dot print!

**bag**
Charlotte Russe, $20, Charlotte Russe stores





## 4 FRINGED TOP

Miley would totally wear this super-dramatic-sleeved top with cutoff shorts.

**top**
Sizes XS–XL, Material Girl, $28, Macy's



## 5 PATTERNED TUNIC

Hurry! The ultimate Cali-cool designer, Rory Beca, is debuting a line at Forever 21!

**tunic**
Sizes S–L, Rory Beca for Forever 21, $23, forever21.com and select Forever 21 stores



## 6 GLOSSY BANGLES

Printed bangles look luxe and special in a shiny finish—a stack of them will make any outfit!

**bracelets**
Heart bangle, $25, and striped bangle, $20, both Mango, mangoshop.com and Mango stores



## 7 PALE PRINT JEANS

Work paisley pastel jeans in with a slouchy sweater for a total '80s flashback.

**jeans**
Sizes 00–12, Topshop, $90, topshop.com

STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES.



SEVENTEEN.COM Check out our fashion editors' haul videos *now* at seventeen.com/haul.

# Everything you need for Prom... *in your pocket*




**Want to find the hottest trends for Prom?** Download the ***Seventeen* Fashion Finder** iPhone App—it's like having a *personal stylist* in your pocket...and, it's **FREE**!

This month, check out **gowns**, **shoes and accessories**. Shop by designer, vibe, item, even color, then find it at a store near you.

*Just download it from the App Store™ and get started on your prom shopping now!*

Check out the hottest looks for Prom at Dillard's! Whether you're going for bold or demure, find the perfect silhouette, the chicest shoes and accessories and our top beauty picks to make your look show-stopping. Register to win the ultimate "Polished Prom" for you and three friends.

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The Style of Your Life.

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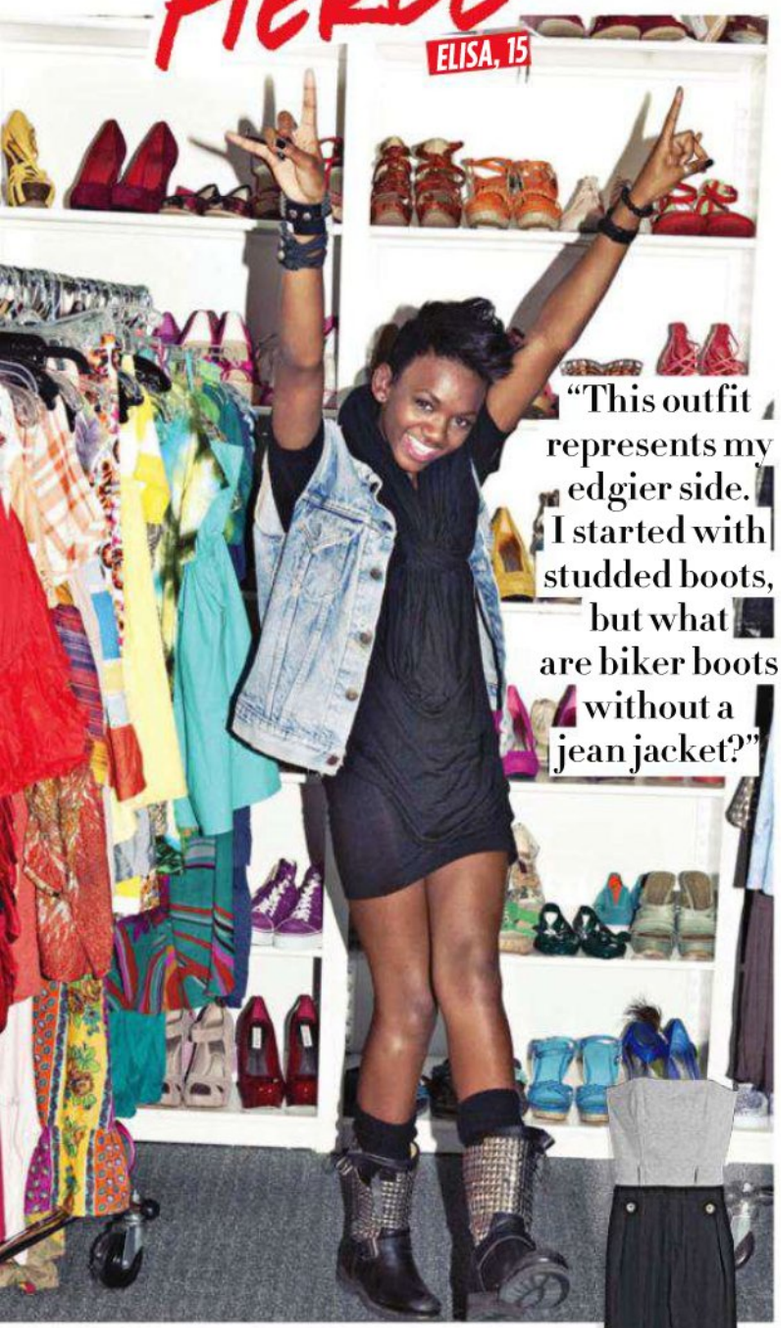
seventeen STYLE COUNCIL

# go shopping with the *new* style council!

Say hello to our panel of fashion-obsessed readers! They put on their fave looks and picked out their spring must-haves, so *you* can have fun with fashion too!

## FIERCE

ELISA, 15



"This outfit represents my edgier side. I started with studded boots, but what are biker boots without a jean jacket?"



**SPRING MUST-HAVE:** "I love that this jumper looks like pants and a tucked-in top. You can just throw it on and go!"

**jumper** Sizes 0–12, Rachel Rachel Roy, $129, Macy's

## SEXY

VALERIE, 19



"Acid-wash skinnies are my basics! With a giant bow and a bold top, this look is loud—it's sexy but not revealing."

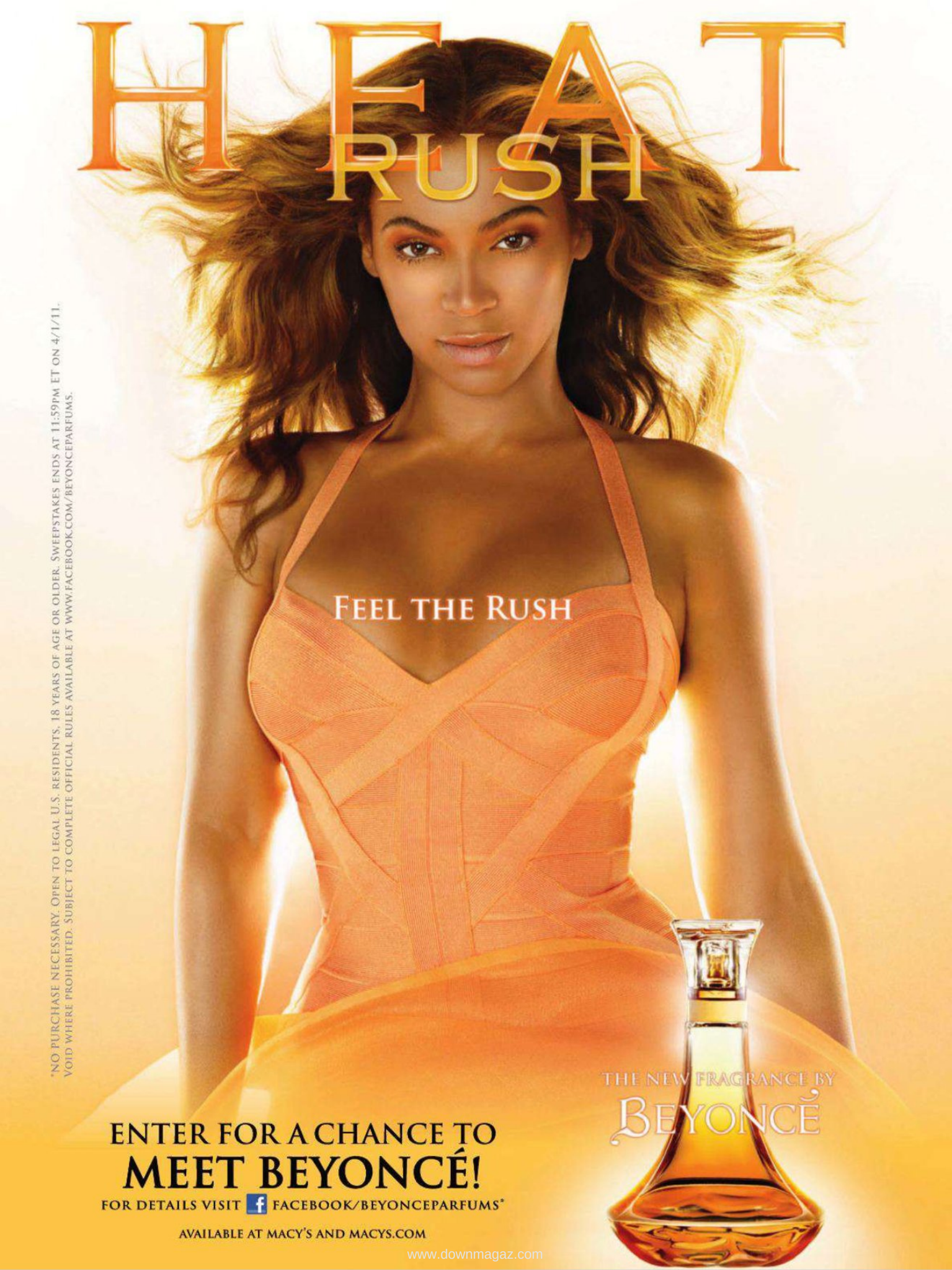


**SPRING MUST-HAVE:** "A pair of red platforms spices up any outfit—and these can be glam or polished!"

**platforms** Sizes 6–10, Steve Madden, $90, stevemadden.com

**Each of these girls won a $500 gift card from Style Council sponsor American Rag, exclusively at Macy's!**

MAIN PHOTOS: MARLEY KATE. SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMME/CONTACTNYC.COM. MAKEUP: CLAUDIA LAKE FOR NARS COSMETICS/CONTACTNYC. PROP STYLIST: ED GALLAGHER AT BIG LEO.




www.downmagaz.com

# VINTAGE ROCK

LILY, 20

"I'm drawn to anything vintage with a modern twist. For a rock-and-roll vibe, I cut the neck out of this sweatshirt and added cutoffs."



**bag** O'Neill, $34, shoponeillusa.com

**SPRING MUST-HAVE:** "This bag has a worn-in feel to it. I could wear it with anything!"

# GIRLY

CHELSEA, 21

"This outfit screams 'girly,' which is my thing. I love this skirt—it's comfy *and* pretty!"



**SPRING MUST-HAVE:** "This jacket adds so much color. It'll be amazing with my red hair and freckles!"

**jacket** Sizes S–XL, Macy's American Rag Plus, $69, Macy's

# EDGY BOHO

MICHELLE, 17

"I'm all about thrift-store finds with a feminine edge, so this floral romper is perfect."



**SPRING MUST-HAVE:** "I love this sundress! It's sweet in the front but open in the back to show just enough skin!"

**dress** Sizes 2–10, Insight, $72, PacSun stores

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# CLASSIC

**JESSI, 19**

"I'm obsessed with things that are sweet and timeless, like this dress. I added some shape to it with the braided belt!"

**SPRING MUST-HAVE:** "I really like the simple cut and bright color of this dress. It's the perfect backdrop for really pretty accessories."

**dress** Sizes S–L, Forever 21, $20, forever21.com



# QUIRKY

**ADRIANA, 16**

"I call my style 'fairy tale' and let myself play. I've had this dress forever—but the peacock tights give it a new spin."

**SPRING MUST-HAVE:** "This top says, 'I don't care about traditionally sexy.' I'd pair it with a maxiskirt for a glam-grunge look."

**top** Sizes XS–L, Sanctuary Clothing, $97, piperlime.com

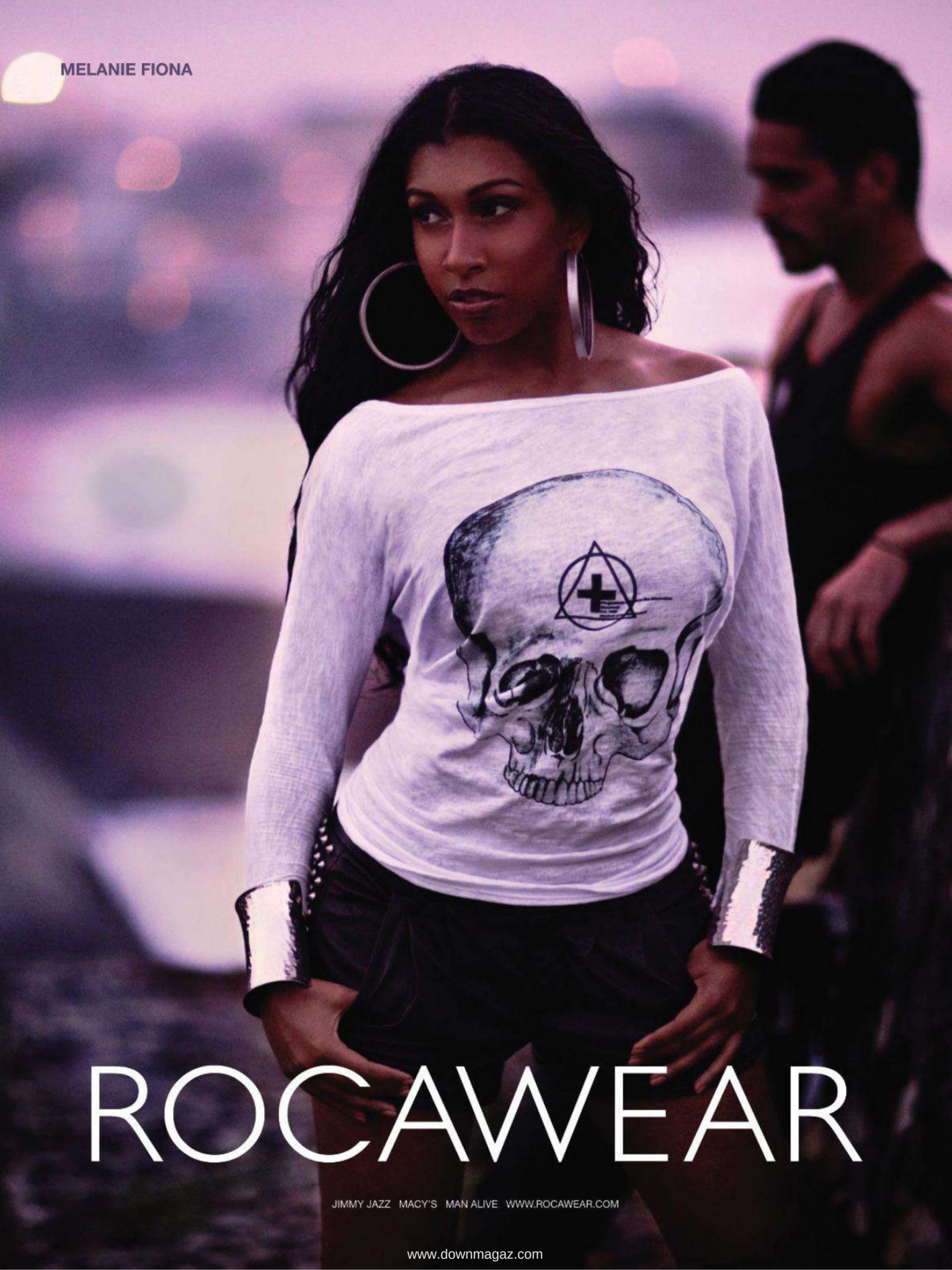




Keep up with the Style Council at seventeen.com/stylecouncil. They'll be blogging with these touch-screen Bloggie cams from Sony!



**camera** Bloggie Touch, Sony, $200, sonystyle.com




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# POSH

KYRSTIN, 22

"This sassy '70s look is what I love about fashion right now: faux fur, fun pants, and great shoes."

**SPRING MUST-HAVE:** "I'm obsessed with extreme rings. Anything big and bold and shiny belongs on my finger!"

**ring** Freedom at Topshop, $28, topshop.com

# PUNKY

DANI, 16

"My style is total rock star. I like black with punches of color and mixing textures and patterns—so fun!"

**SPRING MUST-HAVE:** "I'd love to wear these Docs with a tutu for an edgy look."

**shoe** Sizes 5–11, Dr. Martens, $110, drmartens.com

# RETRO

MELANIE, 19

"For me, this season is about leaving neutrals behind. I love the playful pattern-mixing in this outfit. It's like a modern Twiggy vibe."

**SPRING MUST-HAVE:** "The intense color and tiny print make a plain top quirky and charming."

**top** Sizes S–L, Urbanog, $21, urbanog.com



SEVENTEEN.COM Go behind the scenes of this Style Council's first photo shoot at seventeen.com/stylecouncil




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2:00 PM LUNCH
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LOVE THE NAILS I HAD DONE ON SET...




11:45 AM
SITTING PRETTY



4:30 PM
POOLSIDE BABY
BUT IT WAS FREEZING!

# POSH

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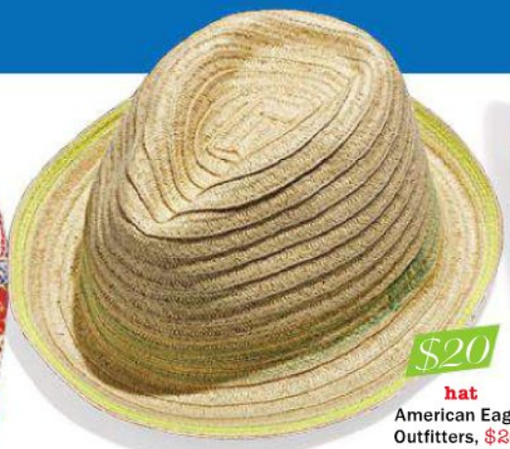
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**romper**
Sizes S–L, Go Jane, $16, gojane.com

$16





$20

**hat**
American Eagle Outfitters, $20, ae.com



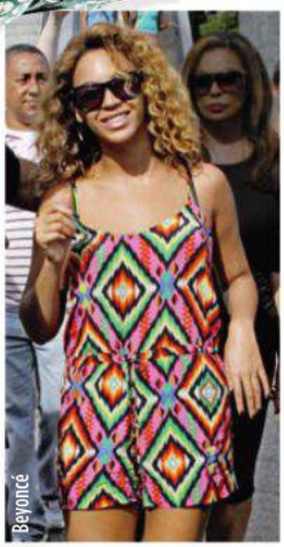
$20

**cuff**
Bombay Fashions, $20, bombayfashions.com



$6

**sunglasses**
Forever 21, $6, Forever 21 stores



Beyoncé

# spring break steals

$20 & under

**Look hot on vacation—*without* breaking a sweat! Check out these beachy deals!**



AnnaLynne McCord



$18

**earrings**
M. Haskell, $18, call 212-764-3332 to order



$20

**swimsuit**
Sizes S–L, Smoothies by Gossip, $20 each piece, gossipswim.com



$18 $18

**bracelets**
M. Haskell, $18 each, call 212-764-3332 to order



**bag**
Lulu's, $20, lulus.com



$20



$20

**shorts**
Sizes 0–20, Old Navy, $20, oldnavy.com



$10

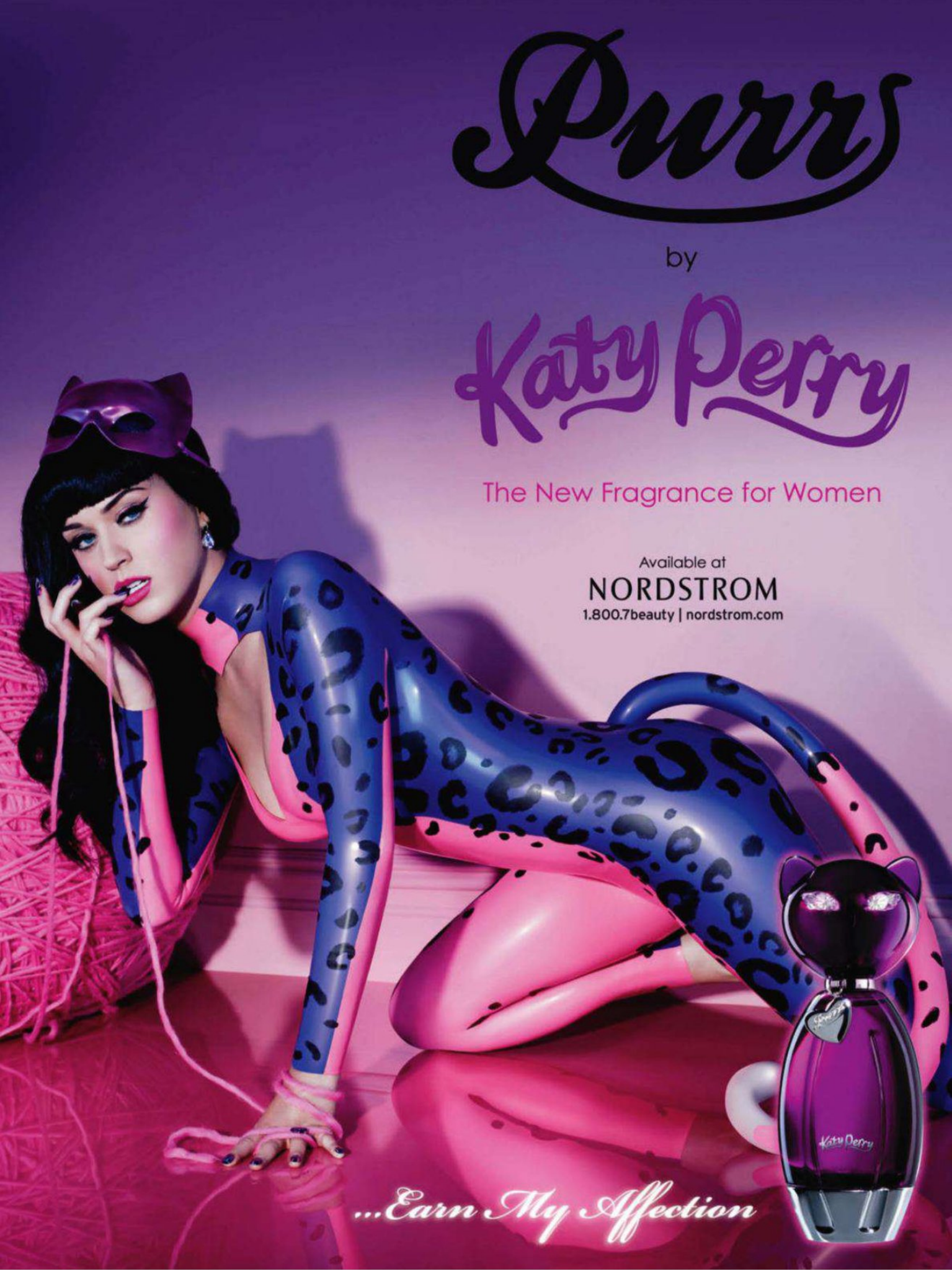
**flip-flops**
Sizes 6–11, Old Navy, $10, oldnavy.com

STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES. BEYONCÉ: RS/X17ONLINE.COM. McCORD: TOMAS-GARCIA/X17ONLINE.COM.



SEVENTEEN.COM Where should you go on spring break? Find out at seventeen.com/quizzes

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# The Mane Twist



How does star of movies, TV, and *Seventeen* cover model **Leighton Meester** get such beautiful hair?

We're taking you behind the scenes with **Herbal Essences celebrity stylist, Charles Baker Strahan**, to get the secrets behind Leighton's "Totally Twisted" look.

> *Charles has taught me a lot about keeping a really good routine with a hydrating shampoo and conditioner in order to give it a good foundation for soft and healthy hair whenever it's styled.*
>
> —*Leighton*



Herbal Essences Celebrity Stylist, **Charles Baker Strahan**




**DO THE HERBAL**

Enhance your curls with the **Herbal Essences Totally Twisted** collection. Its formulas,with a fusion of Wild Cherry Twist & Jewel Orchid extract makes curls and waves smooth, lush, and defined, yet manageable.

**Q Why is it important to start with healthy hair before styling?**

**Charles:** Hydrated hair responds better to heat styling and helps to ensure hair will maintain its health throughout the styling process, keeping it looking lighter, shinier, and brighter.

**Q Why do you use Herbal Essences products when you create styles for Leighton's hair?**

**Charles:** Herbal Essences has a wide range of products that I can choose from and that really gives me a lot of freedom. The products provide a soft, shiny foundation, which makes it perfect for whatever look I am going for.

**Q Why do you love the twisted wave look for Leighton?**

**Charles:** The twisted wave look is relaxed and embraces her natural style. It gets better the more lived-in it is, and that's something Leighton really loves.

**For more insider styling tips, visit herbalessences.com**

www.downmagaz.com


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*vs. non-conditioning shampoo
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# snag runway style!

**Slip on one of these designer-inspired trends, and then try to resist the urge to strut, pose, and turn.**

**cuff**
A.V. Max, $30, avmaxaccessories.com

**dress**
Sizes XS–XL, Roxy, $45, roxy.com.
**belt**
Armani Exchange, $58, armaniexchange.com.

**necklace**
Fantasy Jewelry Box, $48, fantasyjewelrybox.com

**earrings**
Girlprops.com, $20, girlprops.com

**blouse**
Sizes S–L, Line & Dot, $88, thelineanddot.com

**skirt**
Sizes XS–XL, Material Girl, $26, Macy's

**pants**
Sizes 0–15, Daang Goodman for Tripp NYC, $52, trashandvaudeville.com

**dress**
Sizes 2–10, H&M, $40, H&M stores

## color blocking @ LOUIS VUITTON

*Mix neon brights with a bit of black: It will light up your spring look—without blowing a fuse!*

**skirt**
Sizes XS–L, Urban Behavior, $96, urbanbehavior.com

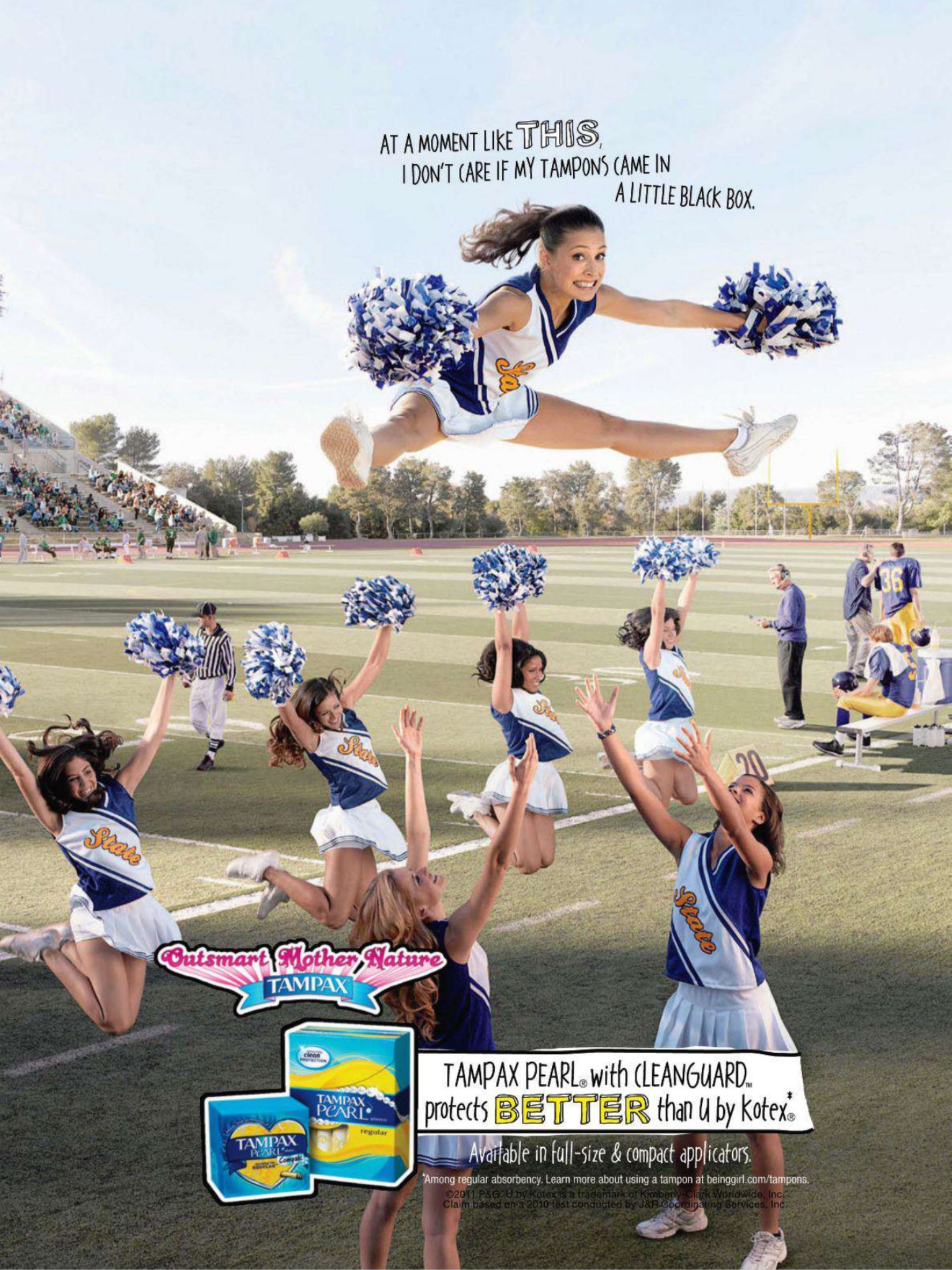
**platforms**
Sizes 5½–11, Jessica Simpson Collection, $98, jessicasimpsoncollection.com

SEVENTEEN.COM Check out the designers your favorite celebs like to shop at seventeen.com/favestores



STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES. RUNWAY PHOTOS, FROM LEFT: KARL PROUSE/GETTY IMAGES; CHRIS MOORE/GETTY IMAGES; KARL PROUSE/GETTY IMAGES.

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**tote**
H&M, $18,
H&M stores

**dress**
Sizes S–L, Theme,
$69, Dillard's.
**belt**
Forever 21, $6,
forever21.com.

**necklace**
Lenora Dame,
$95,
lenoradame
.com

**earrings**
Lulu's, $9,
lulus.com

**scarf**
Old Navy,
$15,
oldnavy.com

# sweet florals @D&G

*Classic gingham and flowers are sweetly sexy, but flirty shapes and quirky details give them a kick!*

**shirt**
Sizes XS–XL,
O'Neill, $40,
shoponeillusa
.com.
**romper**
Sizes S–XL,
Fleurish, $25,
Macy's.

**wedges**
Sizes 5½–11,
Rachel Rachel
Roy, $139,
Macy's.
**flower clip**
Lulu's, $9,
lulus.com.

**shorts**
Sizes 00–13,
Bullhead,
$37, PacSun
stores.
**belt**
Make Me Chic,
$6, makeme
chic.com.

RUNWAY PHOTOS: CHRIS MOORE/GETTY IMAGES.



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# show off your prom style!

**There are a million dresses out there, but only one that's *your* perfect match. Check out this style guide, and get ready to fall in love.**

## flirty & fun

**STYLE TIP:** Play around with color! A super-bright dress is even cuter with contrasting shoes.



**dress** Sizes 0–30, Xcite, $308, xciteprom.com. **earrings** BCBGeneration, $42, Macy's. **gemstone bracelet** Grayce by Molly Sims, $95, graycebymollysims.com. **pearl bracelet** Lenora Dame, $105, lenoradame.com. **clutch** Coloriffics, $50, coloriffics.com. **heels** Sizes 5–10, AMI Clubwear, $26, amiclubwear.com.

## cool cinderella

**STYLE TIP:** Live your fairy-tale fantasies with a frothy, floaty dress. Dainty shoes and jewelry finish the look.



**dress** Sizes 3–13, Morgan, $130, Sears. **necklace** A.V. Max, $63, avmaxaccessories.com. **earrings** Lulu's, $12, lulus.com. **ring** Fantasy Jewelry Box, $44, fantasyjewelrybox.com. **heels** Sizes 5–11, Pierre Dumas, $48, shoestation.com.

## '80s princess

**STYLE TIP:** Channel your inner Material Girl with black lace and layers. Sexy booties will keep it modern.

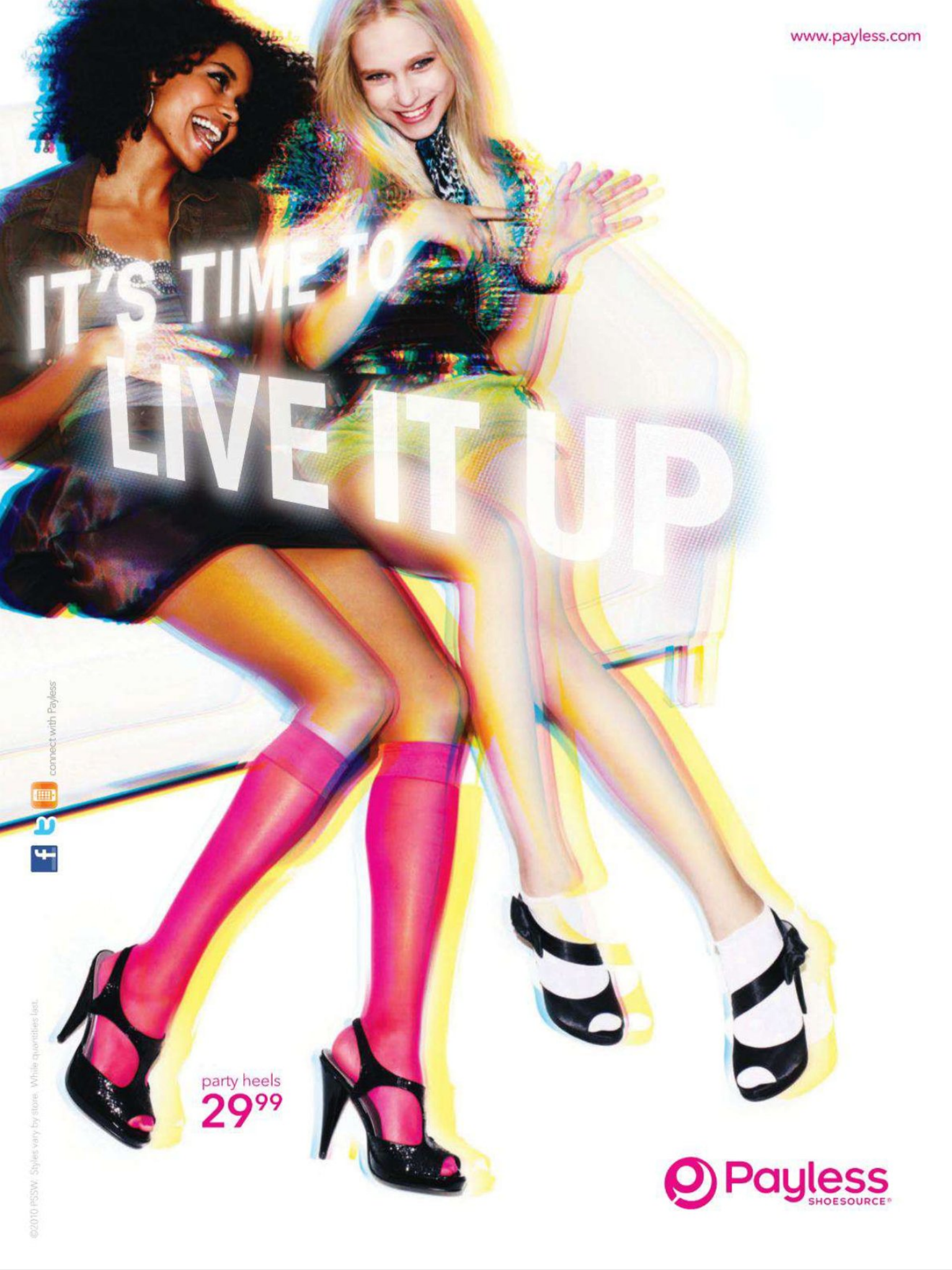


**dress** Sizes 2–12, Jessica McClintock, $235, jessicamcclintock.com. **earrings** Urbanog, $8, urbanog.com. **cameo necklace** Forever 21, $13, Forever 21 stores. **chain necklace** AMI Clubwear, $20, amiclubwear.com. **bracelet** Urbanog, $12, urbanog.com. **clutch** Coloriffics, $45, coloriffics.com. **booties** Sizes 5½–10, Make Me Chic, $19, makemechic.com.

STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES.



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# dark romance

**STYLE TIP:**
The red-and-black combo feels gothic and dramatic, especially with feather accents and tons of crystal details.



**dress** Sizes 0–24, Black Label by Alyce Designs, $398, alycedesigns.com. **necklace** Worthington by JCPenney, $20, JCPenney. **earrings** Lulu's, $16, lulus.com. **bracelet** Lulu's, $14, lulus.com. **heels** Sizes 5½–10, Make Me Chic, $21, makemechic.com.

# cute & quirky

**STYLE TIP:**
Artsy glasses, retro heels, and a flirty dress say you're playful with an edge.



**dress** Sizes 3–13, Sequin Hearts, $69, Macy's. **earrings** Forever 21, $6, select Forever 21 stores. **necklace** Forever 21, $14, select Forever 21 stores. **glasses** Girlprops.com, $8, girlprops.com. **ring** Lulu's, $13, lulus.com. **bracelets** Rosena Sammi, $75 each, rosenasammi.com. **purse** Forever 21, $18, select Forever 21 stores. **heels** Sizes 6–11, Bamboo, $33, lulus.com.

# hollywood glam

**STYLE TIP:**
Look like a star in a long ruched dress: The curve-hugging shape—plus bling—is instantly sexy.



**dress** Sizes 0–12 Laundry by Shelli Segal, $270, Nordstrom. **choker** Sassy South Jewelry, $40, 877-727-7900. **ring** Givenchy, $48, Macy's. **clutch** GoJane, $50, gojane.com. **heels** Sizes 5–11, Special Occasions by Saugus Shoe, $92, call 781-231-2865 to order.

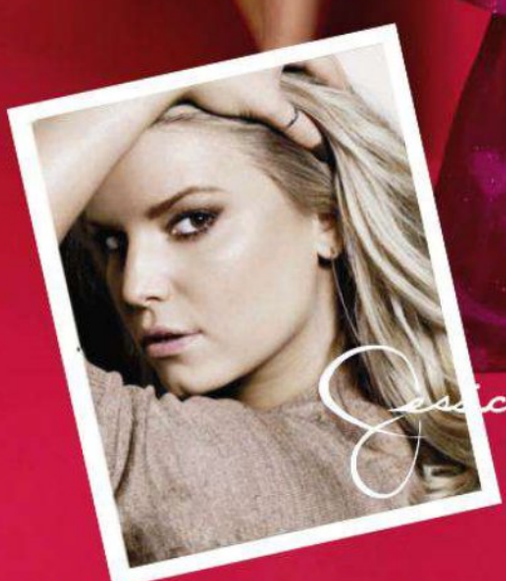


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# beauty

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# HOT TRENDS TO TRY NOW!

We ripped the best looks from the runway so you can have your prettiest spring ever! BY meredith gray

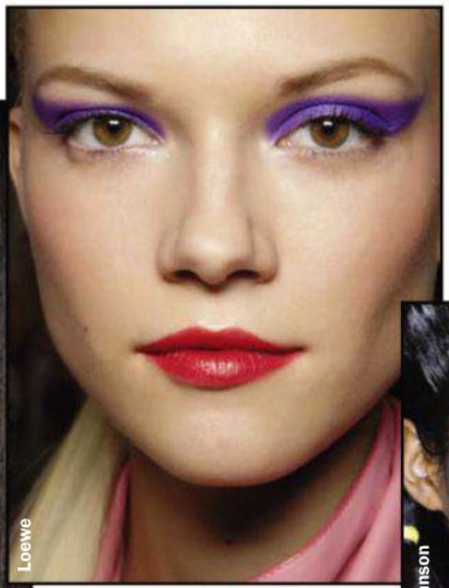
MAIN PHOTOS: (THIS PAGE) FERNANDO MILANI; (ALL OTHERS) CHRIS ECKERT/STUDIO D. FASHION STYLIST: (THIS PAGE) ANNEBET DUVALL; (ALL OTHERS) CHRISSY LLOYD FOR MARILYNBALLARD.COM. HAIR: (THIS PAGE) JOHNNY LAVOY AT FORD ARTISTS FOR L'OREAL PARIS; (ALL OTHERS) TIPPI SHORTER FOR TRESEMME. MAKEUP: (ALL PAGES) KYRIAKI SAVRANI FOR DIOR AT FACTORY DOWNTOWN. MANICURE: (ALL PAGES) MYRDITH LEON-MCCORMACK FOR DIOR COSMETICS AT FACTORY DOWNTOWN. ON MODEL, OPPOSITE PAGE: TANK, SEE YOU MONDAY; EARRINGS, BETSEY JOHNSON. STILL LIFES: J. MUCKLE/STUDIO D. RUNWAY PHOTOS, OPPOSITE PAGE: (LOEWE, VANESSA BRUNO, MILLY, AND FENDI) IMAXTREE.COM/MATTEO SCARPELLINI (5); (BETSEY JOHNSON) IMAXTREE.COM/ARMANDO GRILLO.

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# EYES

**HOW-TO:** Emphasize your eyes with a boost of color! Use an eyeshadow crayon or an extra-vivid powder to saturate your lids in a bold shade.

# neon




**try:** NARS Soft Touch Shadow Pencil in Celebrate, $24, narscosmetics.com; Nyx Cosmetics Jumbo Eye Pencil in Orange, $4, nyxcosmetics.com

**try:** Hard Candy Powder Keg Loose Eye Shadow in Inked, $6, Walmart stores




***"BRIGHT COLORS ARE FRESH AND OPTIMISTIC! PICK JUST ONE FEATURE, LIKE EYES OR LIPS, AND LET IT BE THE STAR OF THE SHOW."***

**–SARAH LUCERO, STILA MAKEUP ARTIST FOR BETSEY JOHNSON**

**try:** Goody Elastic Polybands Mini Neon, $4 for pack of 75, drugstores




**try:** Jesse's Girl In the Mood Color Changing Lipstick in Amoré, $3, Rite Aid stores

**try:** Make Up For Ever Lab Shine Lip Gloss in S26, $18, Sephora stores

**try:** Lime Crime Opaque Lipstick in My Beautiful Rocket, $16, spacenk.com




# LIPS

**HOW-TO:** An ultra-bright lip color perks up your entire face without your needing much else! Start with a tinted moisturizer for super-smooth skin, then color in your lips with a matching pencil and top with lipstick or gloss.



# HAIR

**HOW-TO:** Make a bubble pony pop by twisting brightly colored elastics down the length of your hair. Use a rat-tail comb to gently lift and tease each section for more volume.

# HAIR

**HOW-TO:** This precious metal gives any style an instantly luxe look. Layer gold elastics to give a basic pony more polish, or load on the glitz with a big barrette. It's like jewelry for your hair!


Rodarte



**try:** Emi-Jay Metallic Collection Hair Ties, $11 for pack of five, emi-jay.com

**try:** Colette Malouf Small Rock Crystal Snap Clip, $105, Bergdorf Goodman

# gold




***"IT'S EASY TO HAVE FUN WITH GOLD—IT INSTANTLY LIVENS UP YOUR FACE AND IS THE PERFECT ACCENT TO ANY LOOK."***

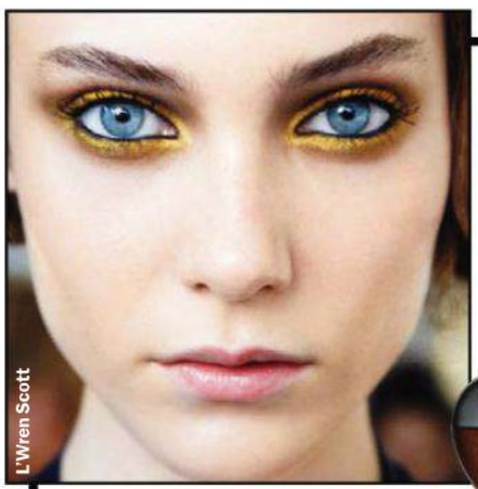
**–JAMES KALIARDOS, L'ORÉAL PARIS CONSULTING MAKEUP ARTIST**



# FACE

**HOW-TO:** Brighten up your skin with touches of gold all over. Glide a creamy highlighter in a C shape from cheekbones to browbones, then dab it on your lips to create the effect of a gold-flecked gloss.

**try:** NP Set Shimmer Highlight Duo in Gold/Bronze, $15, Target stores


L'Wren Scott




**try:** Lancôme Color Design Sensational Effects Eye Shadow in Center Stage, $17, lancome.com

**try:** Urban Decay Liquid Liner in Lucky, $18, urbandecay.com

# EYES

**HOW-TO:** Gold flatters any eye color—no matter how you use it! Try dusting a gilded shadow all over your lids, or get creative with metallic liner. You can even sprinkle some shadow onto your mascara brush, then swipe it onto your lashes!


Rodarte


Alexander McQueen




# NAILS

**HOW-TO:** Layer three coats of glimmering gold polish onto your nails for a highly reflective finish. Keep the length short, so your nails look sparkly, not scary.

**try:** Paul & Joe Nail Enamel in Sunshine, $14, Urban Outfitters stores

ON MODEL: TOP, TULLE; EARRINGS, FOREVER 21. RUNWAY PHOTOS: (RODARTE) IMAXTREE.COM/MATTEO SCARPELLINI (2); (ALEXANDER McQUEEN) MARIA VALENTINO/MCV PHOTO; (L'WREN SCOTT) ROBERT FAIRER. EXPERT PHOTO: IMAXTREE.COM/MATTEO SCARPELLINI.



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# 100% of people had clearer skin in just 1 day



**12-WEEK CLINICAL REPORT**

name Lauren

age 17

**describe your skin at the start of this study** acne all over!!

**describe your skin after using the system** Before, there wasn't a clear area on my face. Now my skin is clearer & more even-toned. I feel like I'm not just in control of my acne, I've defeated it!!

**how has having clear skin affected your life?** Before, I would cancel dates because of a breakout. I would figure out which classes I could sneak out of to touch up my makeup. Now I'm not late for school anymore because I don't have to spend 20 mins. on my makeup. I've gone a whole day without makeup and felt good about it!!

**do other people notice?** Yes! I used to get comments about my acne. Now they're asking me what I use. I didn't know what I was using during the study, but now I can tell everyone it's Clean & Clear!!

**will you keep using the system?** Yes because it works, and also because it's not a hassle to get. I don't have to call in for it & wait for it. I know if I run out of it, I can just go get more at the store. It won't take 5 days to come in!!

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# NAILS

**HOW-TO:** To get this preppy nautical pattern, paint each nail with two coats of white polish; give them two minutes to dry. Then, using navy nail-art polish (which comes with a super-thin brush), draw three vertical stripes down each nail. Short on time? Stripe it up with press-on designs! Just smooth them onto clean, dry nails.













**try:** Kiss Nail Artist Paint & Stencil in Pearl Blue and White, $3 each, drugstores



**try:** Tracy Reese for Sally Hansen Salon Effects Real Nail Polish Strips in Wicked Bamboo, $10, drugstores

# stripes










***"THIS PATTERN IS ELEGANT YET FUNKY. USE IT TO DRAW ATTENTION TO YOUR NAILS, BUT KEEP EVERYTHING ELSE SIMPLE SO THE STRIPES REALLY POP!"***

**-DANA CARUSO, SALLY HANSEN MANICURIST AT TRACY REESE**




# HAIR

**HOW-TO:** Give your hair extra dimension with skinny streaks of color placed along the length of your part. Glide this temporary paint down small sections of hair from roots to ends. It will rinse out when you shampoo.

**try:** Streekers in Red and Blue, $11 each, streekers.com







# EYES

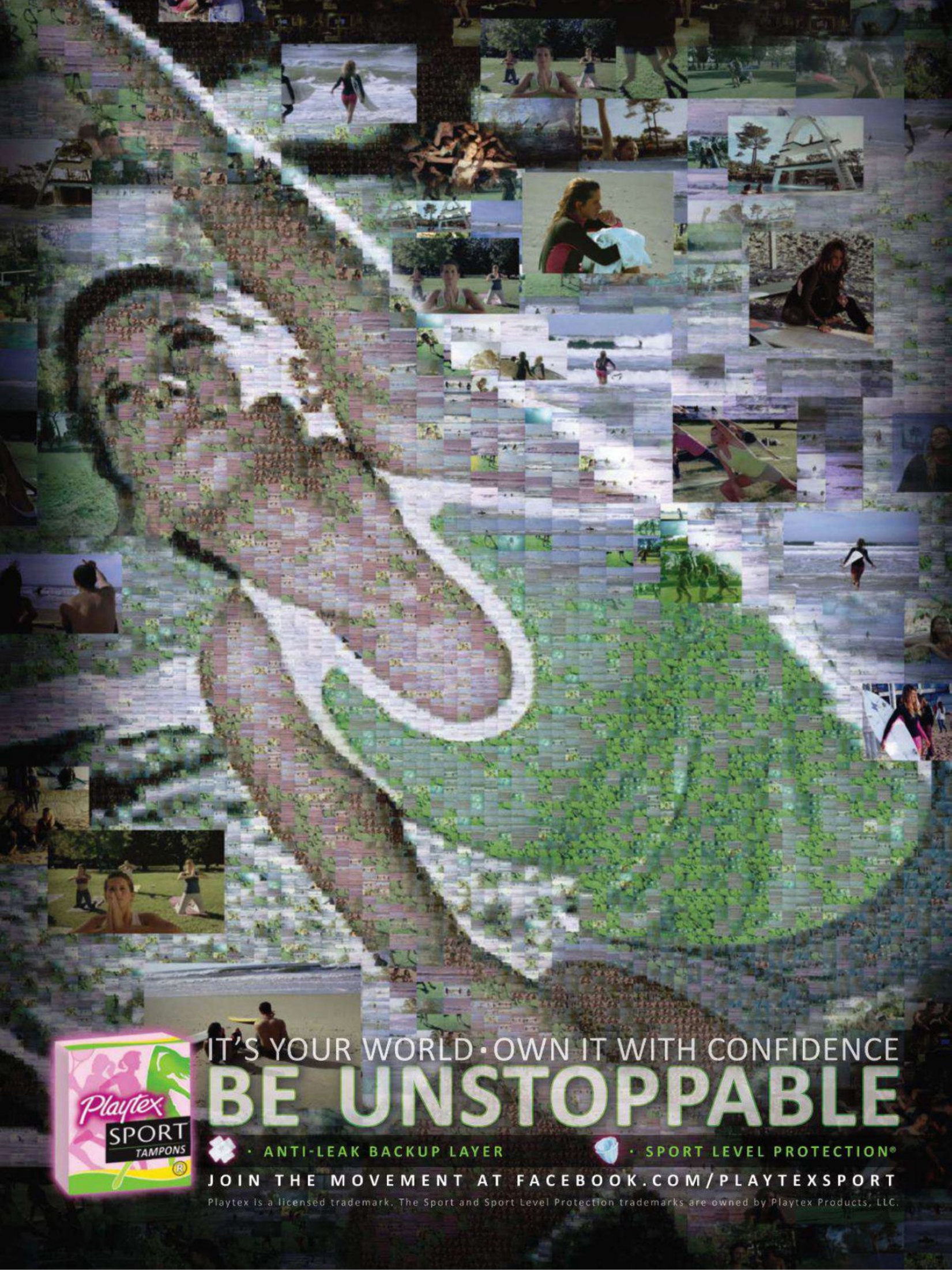
**HOW-TO:** For a bold take on liner, place a bright white right along your lashlines to open up your eyes and make them look brighter. Then add a swipe of black where it's least expected—right above your crease! Keep the line sharp and defined to create a cool contour.

**try:** Tokidoki Perfetto Eyeliner in Rondine Love, $16, Sephora stores; Stila Stay All Day Waterproof Liquid Eye Liner in Black, $20, Sephora stores




ON MODEL: TOP, MIMI CHICA; RING, BETSEY JOHNSON. RUNWAY PHOTOS: (TRACY REESE) STARTRAKS; (PRABAL GURUNG) IMAXTREE.COM/MATTEO SCARPELLINI; (BETSEY JOHNSON) ELIZABETH PANTALEO/AFP/GETTY IMAGES; (VIKTOR & ROLF) IMAXTREE.COM/ARMANDO GRILLO; (MARNI) CHRIS MOORE/CATWALKING/GETTY IMAGES; (ISSEY MIYAKE) IMAXTREE.COM/MATTEO SCARPELLINI (2). EXPERT PHOTO: COURTESY OF SALLY HANSEN.

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# FACE

**HOW-TO:** The difference between looking dewy and greasy? A barely there dab of shimmer. Pick a cream for a subtle glow—it blends better with your skin's texture for a more natural look. Pat it on your cheekbones, temples, and along your brows.

**try:** Urban Decay Urbanglow Cream Highlight in Brown Sugar, $24, urbandecay.com



**try:** Ramy Face Gloss in Shiksa and Face Candy, $19 each, ramy.com




# shine

# LIPS

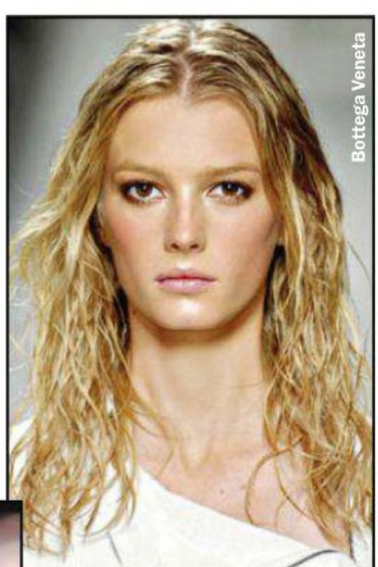
**HOW-TO:** Slick on a high-shine gloss with a hint of shimmer to pack a major punch. Trace around your lips with a nude lip liner to keep gloss from smearing.

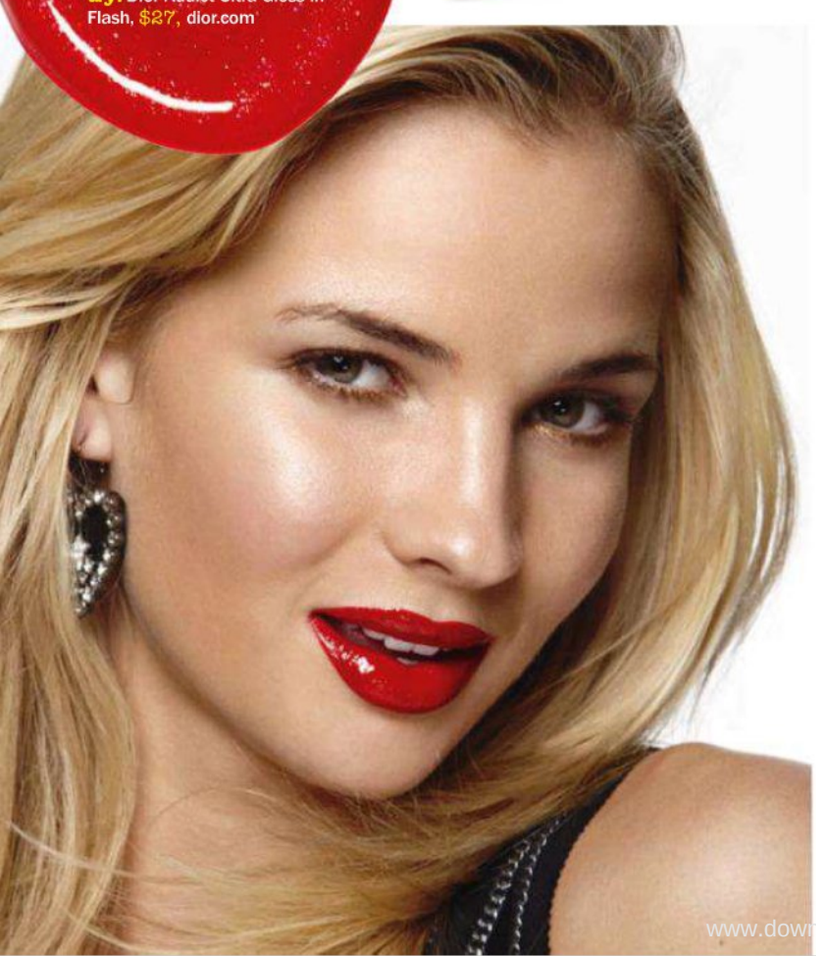
**try:** Dior Addict Ultra-Gloss in Flash, $27, dior.com

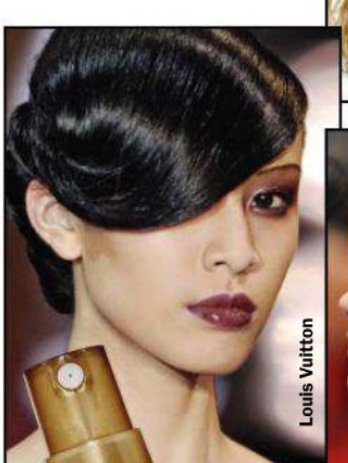



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–GUIDO, REDKEN CREATIVE CONSULTANT












# HAIR

**HOW-TO:** Whether you wear your hair straight, slicked back, or scrunched, make this your go-to finishing product for seriously reflective strands!

**try:** Suave Professionals Vibrant Shine Spray, $3, drugstores

ON MODEL: TANK, FOREVER 21; EARRINGS, GIVENCHY. RUNWAY PHOTOS: (GUCCI) IMAXTREE.COM/MATTEO SCARPELLINI; (VERA WANG, BOTTEGA VENETA, AND LOUIS VUITTON) IMAXTREE.COM/ARMANDO GRILLO (3); (VERSACE) KARL PROUSE/CATWALKING/GETTY IMAGES. EXPERT PHOTO: COURTESY OF REDKEN.

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**Milk** and ***Seventeen*** have teamed up in search of 9 girls to become the next Milk Mustache celebrities! Submit a short video that shows us who you are, what inspires you, and why milk is an important part of your life. Teens will vote on their favorite videos and 9 girls will become **the next Milk Mustache celebrities, featured together in a Milk Mustache ad!** This elite group of 9 girls will have the chance to make a positive impact on other teen girls throughout the year as milk insiders and ambassadors.

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GIVENCHY

## Camille La Vie & Group USA Prom Queen Search and Fashion Show

*Seventeen* and **Camille La Vie** are throwing the **biggest Prom Party Event** ever with a fashion show to debut this year's hottest Prom dresses and the **4th Annual Prom Queen Search**. Join the show and strut down the runway to compete for the next Camille La Vie Prom Queen where you can win an **appearance on the Camille La Vie website**, a **picture of you on seventeen.com**, and score the **Prom dress of your dreams**.



Hosting our event will be **Danielle Monaro** and **TJ the DJ** from the Elvis Duran and the Z100 Morning Show! You can also get **style advice** from a ***Seventeen* Style Pro**, enjoy a **mini makeover**, and more! Plus, **receive a fabulous Tote Bag*** when you purchase your Prom dress at ALL participating Camille La Vie & Group USA locations.

For more information about the event and to view the hottest Prom styles we have to offer, go to **camillelavie.com**.

For a fun-filled afternoon, join us at the **Camille La Vie store in the Palisades Center** in West Nyack, NY on Saturday, March 5th at 2 PM!

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## Mariah Carey's Lollipop Bling "How Sweet It Is!" Sweepstakes

**Mariah Carey's Lollipop Bling** is a candy-inspired collection of three bright and sparkling "flavors"—Mine Again, Ribbon, and Honey—embodying Mariah Carey's fun-loving personality. "The three scents of Lollipop Bling make me smile and I can't wait to share them with my fans," says Mariah Carey. To learn more, check out **lollipopbling.com**!

You can get your own taste of Mariah Carey's Lollipop Bling with the "How Sweet It Is!" Sweepstakes! One lucky grand-prize winner will win a fabulous **trip to NYC** for herself and a guest, complete with a tour of the ***Seventeen* offices**, and a **deluxe Mariah Carey perfume set**. Two runner-up winners will each receive $100 and a bottle of Mariah Carey's latest perfume. Enter for your chance to win at **seventeen.com/Mariah**.

MARIAH CAREY'S Lollipop Bling



NO PURCHASE NECESSARY TO ENTER OR WIN HOW SWEET IT IS! NATIONAL SWEEPSTAKES. Sponsored by Hearst Communications, Inc. Go online to seventeen.com/Mariah to enter. Sweepstakes begins at 12:01 a.m. ET on February 1, 2011 and ends at 11:59 p.m. ET on March 14, 2011. One (1) grand-prize winner will receive a trip for winner and guest to NYC for a 2-night stay, a Mariah Carey's Lollipop Bling Gumball Fragrance Set, and a tour of the *Seventeen* offices. Total ARV for grand-prize winner: $2,300. Two (2) runner-up winners will receive $100 and a bottle of Mariah Carey's Lollipop Bling Ribbon Fragrance or Mariah Carey's Lollipop Bling Honey Fragrance. Total ARV for runner-up winner: $150. Odds of winning will depend upon the total number of eligible entries received. Must be female, 13-24 years old, and a legal resident of the 50 United States, Puerto Rico, or District of Columbia. Void where prohibited by law. Sweepstakes subject to complete official rules available at seventeen.com/Mariah.

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7 DAYS OF BEAUTY

# buh-bye, boring hair!




**17 EXPERT:** **Jeanie Syfu,** Tresemmé celebrity stylist.

These easy tweaks take everyday styles from *eh* to *ah-mazing*! Runway expert Jeanie Syfu shows you how.

BY meredith gray

## Mon.

erika, 15



## get fluffy volume

**HOW-TO:** Big bouncy hair screams confidence! Create loose waves with a two-inch curling iron, then gently tease strands toward the roots with a **rubber-bristle brush**—it gently loosens curls without brushing out all of the texture.

**try:** Aquage Styling Brush, $16, aquage.com for salons

## Thurs.



## go romantic

**HOW-TO:** Add some sparkle to a half-updo with a sweet **boho headband.** Place it an inch back from your hairline, then twist the sides of your hair at the temples and bobby-pin behind your head.

**try:** Jerell Scott for True Birds Flower Party Headband, $38, Nordstrom

## Fri.



*To set the waves, blast each section with cool air after you finish drying.*

## create soft swirls

**HOW-TO:** Glam up a plain pony! As you blow-dry your hair, use a **skinny round brush** to twirl each section, creating a lush, loose wave. Next, make a deep side part, and gather your hair into a low pony behind the opposite ear.

**try:** Goody Pro Achieve Curls Thermal Hot Round Brush, $7, Walmart stores

REAL-GIRL PHOTOS: PETER ROSA/STUDIO D. FASHION STYLIST: CHRISSY LLOYD FOR MARILYNBALLARD.COM. HAIR: JEANIE SYFU FOR TRESEMMÉ AT CONTACT. MAKEUP: KYRIAKI SAVRANI FOR DIOR COSMETICS AT FACTORY DOWNTOWN. ON ERIKA: (MON.) TANK, LINE AND DOT; EARRINGS, H&M; (TUES.) DRESS AND RING, BOTH LULU'S; (WED.) TANK, BCBG; NECKLACES, HELEN FICALORA; (THURS.) DRESS, DNIINA; EARRINGS, MAYA BRENNER; (FRI.) TANK, VANS; EARRINGS, FOREVER 21; RING, URBANOG; (SAT.) PRINT TOP, MAKEMECHIC; T-SHIRT, AÉROPOSTALE; EARRINGS, BETSEY JOHNSON; (SUN.) T-SHIRT, AMERICAN EAGLE OUTFITTERS. STILL LIFES: J. MUCKLE/STUDIO D.

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Tues.

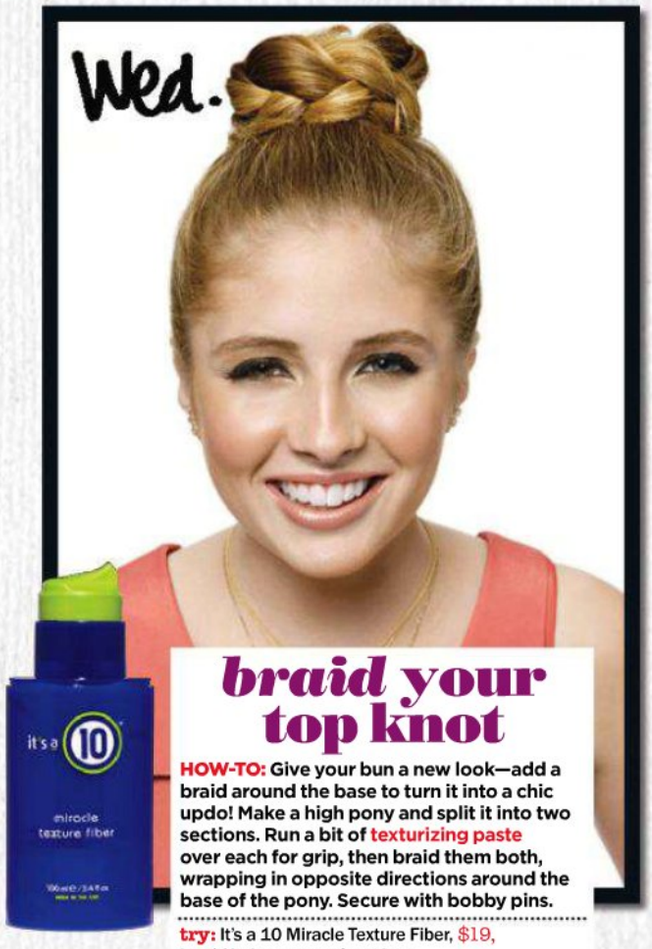



## try a *fishtail*

**HOW-TO:** This is an easy twist on a basic braid. Run a dab of **anti-frizz cream** through dry hair. Gather it into a low side pony, and split into two sections. Take a small piece of hair from underneath one section and bring it over the top to the other side; do the same with the opposite section. Repeat down the length of your hair.

**try:** Tresemmé Fresh Start No-Frizz Crème, $5, drugstores

Wed.




## *braid* your top knot

**HOW-TO:** Give your bun a new look—add a braid around the base to turn it into a chic updo! Make a high pony and split it into two sections. Run a bit of **texturizing paste** over each for grip, then braid them both, wrapping in opposite directions around the base of the pony. Secure with bobby pins.

**try:** It's a 10 Miracle Texture Fiber, $19, itsa10haircare.com for salons

Sat.



Don't wash your hair. Last night's blowout will give your pony grip!

## *tuck* your pony

**HOW-TO:** Instead of a tightly twisted bun, make it a pretty rolled pony! Gather your hair back, then loosely twist the ends and roll them up toward the base; secure with bobby pins. A simple **barrette** at the crown adds polish.

**try:** Goody Ouchless Flex StayTight Barrette, $5, drugstores

Sun.



## make waves with a *flat-iron*

**HOW-TO:** Switch up your usual straight style with this pro **flat-iron** trick: Glide the iron halfway down one-inch sections of hair, then twist the ends around the *outside* of the iron to create a soft swirl.

**try:** Bio Ionic FreeStyle 1" Styling Iron, $130, bioionic.com

SEVENTEEN.COM Get a new do for every day of the week at seventeen.com/hairideas

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# LOOK OF LOVE

Give a modern-day twist to your Valentine's Day look with these foolproof tips and must-have products from Pantene. Whether preparing for a date or simply updating your look, Pantene puts your best tress forward by giving you options to make the healthy hair you love last and last.

**Get the look!** Visit **pantene.com/hairstyles** to sort through more hairstyles and how-to guides.

# TWIST & SHOUT

Get a look inspired by Shay Mitchell's romantic waves and stylish braid with this easy step-by-step guide:




**1** Give your hair the strength it needs to achieve the look you want and reveal your natural shine with Pantene Nature Fusion Smooth Vitality Shampoo and Conditioner.

**2** Work Pantene Nature Fusion Smoothing Crème through wet hair from roots to tips to help prevent humidity from penetrating the hair and keep frizz from forming.







**3** To give your wavy hair relaxed definition, spray a light mist of Pantene Curl Enhancing Spray Gel into hair, and then work through from roots to tips. Blow-dry for waves that are light and bouncy, never stiff or sticky.

**4** Finish the look with a wraparound braid, beginning on the left and working your way toward the right side of your head. Secure with a rubber band, then tuck in and fasten with a bobby-pin, leaving the ends hidden beneath your waves. Ensure hold with Pantene Medium-Thick Anti-Humidity Non-Aerosol Hairspray, leaving hair loaded with shine and soft to the touch.




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Shay Mitchell, actress
Waves or twists?
I say, why choose?
Pantene. Nature Fusion.
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# expert looks (for less!)

**Three world-famous makeup artists hit the beauty aisles at your favorite stores. Check out the amazing looks they created with the stuff they scored!** BY molly ritterbeck

## Pat McGrath SHOPS AT WALMART!

## HER LOOK: bold berry




**"For this look, I wanted it to be super-chic and cool—like a rebel mixed with serious style!"**
**–PAT McGRATH, COVERGIRL GLOBAL CREATIVE DESIGN DIRECTOR**




### SHIMMER
**Open up your eyes—and give your lids that candle-lit glow—by dusting on a shimmering champagne shadow.**
**try:** NYC New York Color Sparkle Eye Dust in Champagne, $3, Walmart stores



### LIPSTICK
**Coat your lips in a rich creamy color! Trace the outline with the point of the lipstick, then fill in with the deep burgundy hue.**
**try:** CoverGirl Lip Perfection Lipstick in Entwined, $7, Walmart stores



**PAT'S TIP:**
**"To keep your lipstick in place, slick on one coat, blot with a tissue, and then apply a second layer."**




### MASCARA
**Make your lashes fluttery with a few coats of black mascara. For mega-lush volume, wiggle the brush as close to the lashline as possible before swiping it upward!**
**try:** CoverGirl LashBlast Volume Mascara in Black, $9, Walmart stores



### BRONZER
**Bold lips require minimal makeup on the rest of your face. To avoid looking pasty, dust a bronzer all over for sun-kissed warmth.**
**try:** Hard Candy So Baked Bronzer in Heat Wave, $9, Walmart stores




### GLOSS
**Finish with a coat of clear gloss for a pretty shine. Remember to wipe your teeth clean of any lipstick with a cotton swab!**
**try:** CoverGirl ShineBlast Lipgloss in Glow, $8, Walmart stores

MAIN PHOTO: (WALMART) PETER ROSA/STUDIO D. FASHION STYLIST: CHRISSY LLOYD AT MARILYN BALLARD. HAIR: DAMION MONZILLO FOR DAVINES HAIRCARE AT BEAUTYWINGNY.COM. MAKEUP: SUSAN McCARTHY FOR DIOR AT RAYBROWNPRO.COM. ON MODEL: TANK, STEVE MADDEN; EARRINGS, M. HASKELL. STILL LIFES: J MUCKLE/STUDIO D.

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# Charlotte Willer SHOPS AT CVS!

## HER LOOK: graphic goddess




"This look is fun yet still makes a strong impact!"
–CHARLOTTE WILLER, MAYBELLINE NEW YORK'S GLOBAL MAKEUP ARTIST

### MASCARA
**To make your lashes super-long, swipe on two coats of mascara and add a bit extra to the tips of your lashes.**
**try:** Maybelline New York Great Lash Mascara in Very Black, $7, CVS stores

### LINER
**For a modern cat-eye, line top and bottom lashlines with a rich gel liner and a thin-tipped brush and wing out the corners. Then draw the tip of the wing into your crease.**
**try:** Maybelline New York Eye Studio Lasting Drama Gel Eyeliner in Black, $10, CVS stores




### SHADOW
**Brush a warm brown shadow across your entire lid and crease. Next, trace over the winged liner to soften the edges.**
**try:** Milani Baked Eyeshadow in Rich Java, $8, CVS stores

**CHARLOTTE'S TIP:**
"To make sure both eyes look exactly the same, look at the first eye in the mirror when lining the second eye—it will help you replicate the shape."

### BLUSH
**A bright pink blush pops to play up your cheeks! Use an angled blush brush to give your cheekbones a strong contoured look.**
**try:** Physicians Formula Mineral Glow Pearls Blush in Rose Pearl, $11, CVS stores

### LIP GLOSS
**Any girl can rock a pink pout! A gloss is less intense than lipstick, and the color is the perfect complement to the smoky brown.**
**try:** Revlon Super Lustrous Lipgloss in Pink Pop, $7, CVS stores

MAIN PHOTOS: (CVS AND TARGET) CHRIS ECKERT/STUDIO D. FASHION STYLIST: CHRISSY LLOYD AT MARILYN BALLARD. HAIR: TIPPI SHORTER BY TRESEMMÉ. MAKEUP: KYRIAKI SAVRANI FOR DIOR COSMETICS AT FACTORY DOWNTOWN. ON MODEL: NECKLACE, HELEN FICALORA.



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# Napoleon Perdis SHOPS AT TARGET!

## HIS LOOK: peachy pretty




"I wanted this look to be very dreamy and romantic, like an ethereal beauty!" –NAPOLEON PERDIS, MAKEUP ARTIST AND FOUNDER OF NAPOLEON PERDIS COSMETICS

### LINER
For a bright wide-eyed effect, carefully line the inner rims of your bottom lashlines with a white liner.
**try:** NP Set Eyeliner in Montreal, $15, Target stores

### SHADOW
To make your eyes really sparkle, dust on a soft apricot shade. Pick one that has tiny gold shimmer in it.
**try:** NP Set Eye Palette in Cairo, $20, Target stores




### MASCARA
Use mascara to frame your eyes—swipe on once before your shadow and again afterward for extra definition!
**try:** JK Jemma Kidd Ultra Plush Volumizing Mascara in Stage Black, $15, Target stores

**NAPOLEON'S TIP:**
"When dusting powder on the lips, use a tapping motion with the brush—not a swipe!—to ensure you don't smear the color!"

### BLUSH
For a flirty flush in just the right spot, smile and lightly dust a peachy shade on the roundest part of your cheek and then back toward your hairline in a semicircular motion.
**try:** Sonia Kashuk Beautifying Blush in Melon, $9, Target stores

### LIP COLOR
Smooth on a creamy natural color, then lightly dust lips with translucent powder to give them a soft matte finish.
**try:** Pixi Lip & Line in Nectar Nude, $18, Target stores

ON MODEL: NECKLACE: HELEN FIGALORA.



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BEAUTY NOTEBOOK

# #1 secret to zit-free skin!

**When you wash the right way, pimples don't stand a chance.**

BY molly ritterbeck



**17 tip:** Suds up your cleanser in your hands first—it helps activate the ingredients so they are more effective when applied to your face!

## start here: what's your SKIN TYPE?

**Wash your face as you usually do (but don't moisturize!). Wait two hours, then check out your skin for these clues:**

- If your skin feels tight and is starting to flake, then your skin is **DRY.**
- If some parts of your face are shiny (like areas around your nose, chin, and forehead), but others are not, then your skin is **COMBINATION.**
- If your skin is shiny all over and reflects light, then your skin is **OILY.**
- If your skin shows blotches of redness, then your skin is **SENSITIVE.**

## YOUR BEST FORMULA:




### GEL

**A soap-free gel cleans deep down without causing that tight feeling; exfoliating beads buff away flakes.**

**try:** Bioré Steam Activated Cleanser, $8, drugstores

### FOAM

**This *one* foam addresses all your skin's needs—it moisturizes the dry areas and washes away the oily spots.**

**try:** Sephora Supreme Cleansing Foam, $15, Sephora stores

### CREAM

**Clean up slippery skin with a cleanser that contains kaolin clay. It has a creamy texture, but it soaks up excess grease to keep pores clear.**

**try:** Olay Shine Control Lathering Cleanser, $7, drugstores

### MILKY

**Protect delicate skin with a fragrance-free liquid wash. This one has moisturizing oat milk and banana to soothe redness.**

**try:** Mark Calming Effect Comforting Milk Cleanser, $8, meetmark.com

## Cleansing Tricks!

**Get the most out of your cleanser by using it correctly.**

☑ **DO** wash for 30 to 45 seconds with a dime-size amount of cleanser. That's how long it takes to clear dirt and oil off your face.

☒ **DON'T** skip your morning wash! Hairstyling products get absorbed by your pillowcase then transfer to your skin—if it's not cleared away in the A.M., it'll clog your pores!

☑ **DO** use lukewarm water. Hot water dries out your skin, and cold water won't open up your pores to get the gunk out.

☒ **DON'T** use a washcloth to cleanse. It's too rough and can cause irritation, so use your hands instead. (Be sure they're clean or you'll transfer acne-causing dirt and oil right back!)



seventeen EXPERT!

**17 EXPERT: Joel Schlessinger, M.D., a board-certified dermatologist and the founder of LovelySkin.com.**

**SEVENTEEN.COM** Get a new makeup look to go with your flawless face at seventeen.com/salon

PHOTOGRAPHED BY SARAH McCOLGAN. STILL LIFES: J MUCKLE/STUDIO D.

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# your recipe for perfect hair!

**Want the celeb secret to healthy, shiny hair? Look no further than your fridge!** BY meredith gray



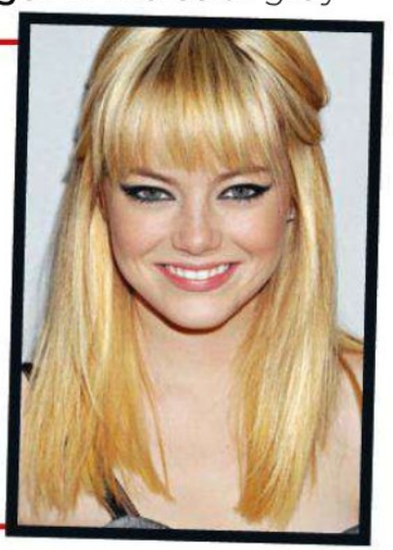

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## seal split ends

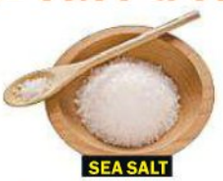
- Rub a few drops of coconut oil between your palms, then run your hands through your hair (just avoid the roots).
- Wait 15 minutes for the oil to sink in, then hop in the shower and shampoo your hair. Rinse it with cold water.
- Next, pour 1 cup apple cider vinegar (diluted with a little bit of water) over your head, and follow with another cool rinse.

seventeen EXPERT! **Mara Roszak, Tresemmé celeb stylist and Emma Stone's hairstylist**





## create beachy waves



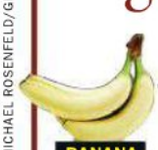

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- Mix 2 teaspoons sea salt (not table salt!) into 1 cup boiling water until the salt dissolves.
- Once the mixture cools, pour it into a spray bottle.
- Mist it into your hands, not directly on your hair (so you don't overdo it), and finger-comb through damp hair from roots to ends. Let your hair air-dry.

seventeen EXPERT! **Matt Fugate, hairstylist at Sally Hershberger Downtown in New York, who works with Blake Lively**

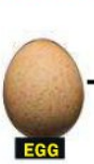
## get awesome shine




+




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+




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- Crush 1 banana in a bowl; add 2 tablespoons olive oil, 1 egg, and 2 tablespoons plain yogurt. Mix the ingredients into a paste.
- Apply paste from roots to ends. Cover hair with plastic wrap; let the mask set for 30 minutes. Rinse and shampoo.
- Squeeze all excess moisture from your hair, then combine 1 teaspoon honey with 1 cup cool water, stirring until the honey dissolves. Pour the mixture over your hair, but don't rinse it out—just towel-dry and style as usual.

seventeen EXPERT! **Bruce Wayne, celebrity stylist who works with Kendall Jenner**



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SPRING BREAK BOOT CAMP!

# THE 60-SECOND SECRET TO YOUR BEST BODY



Ke$ha may play hard—but to get that beach bod ready, she works hard too!

Need a *super*-speedy spring break shape-up plan? These quick moves from **Ke$ha's** trainer, Sonki Hong, will get you the toned legs, flat abs, and leaner bod you want!

**OPEN FOR WORKOUT MOVES!**

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www.pawnmagaz.com

# 1-minute makeov

## YOUR PERSONAL TRAINER

**NAME:** Sonki Hong

**LOCATION:** Los Angeles

**CLAIM TO FAME:** Celebs like Ke$ha love his fun outdoor "boot camp" workouts!

**WEB SITE:** sonkifitness.com

**TRAINING TIP:**

### THE 60-SECOND SECRET!

How to do this workout—and why it gets the job done.

- First, warm up! Jog in place for 2 minutes, stretch your whole body for 5 minutes, then do jumping jacks for 1 minute.
- Now do each strength move for 60 seconds, as hard as you can. (Rest for 30 seconds in between.)
- Finally, repeat the strength circuit (that's all 5 moves) two more times.



"Going all out on a move for 60 seconds forces you to work your muscles harder. You'll hit your max every time, which means you tone up faster!"

## DIPS

Tones your arms and shoulders!



**TRAINING TIP:** "If you get tired, don't give up. Make it easier by bringing your feet in and bending your legs at 90° to finish strong."




**A** Sit on chair, hands beside hips. Scoot butt off seat and extend legs straight out.

**B** Lower your body by bending arms to 90°, then push back up to A.




**A** Lie on back with ha behind head. Lift l bend them at 90°.

## SWIMMERS

Tones your back, abs, and butt!






**TRAINING TIP:** "Don't let your back arch up. Keep it flat and your stomach will get tighter!"

**A** Get on your hands and knees and look down at the floor.

**B** Lift left arm and right leg at the same time, so that they're parallel to the floor. Return to A slowly.

**C** Pause for three seconds, then repeat on the other side (right arm up, left leg up).

## S




**A** Stand with legs straight, feet together, palms in prayer position, and a resistanc band around calves.

STEP-BY-STEP PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: MARCOS DIAZ AT ION STUDIOS FOR REDKEN. MAKEUP: THORA AT KATE RYAN INC., FOR DIOR COSMETICS. ON HUNTER: PINK TANK, OLD NAVY; WHITE TANK, LINE AND DOT; SPORTS BRA, FIT; SHORTS, SOFFE; SOCKS AND SNEAKERS, NIKE. STILL LIFES: PHILIP FRIEDMAN/STUDIO D.

TEAR OUT HERE!

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# er moves!

Lose the baggy sweaters and gain confidence! Do these quickie exercises three times a week to transform your body in time for spring break.

## BICYCLES

Whittles your waist!



**TRAINING TIP:** "Keep your shoulders lifted off the floor the whole time. This works your abs harder so they tone up faster!"

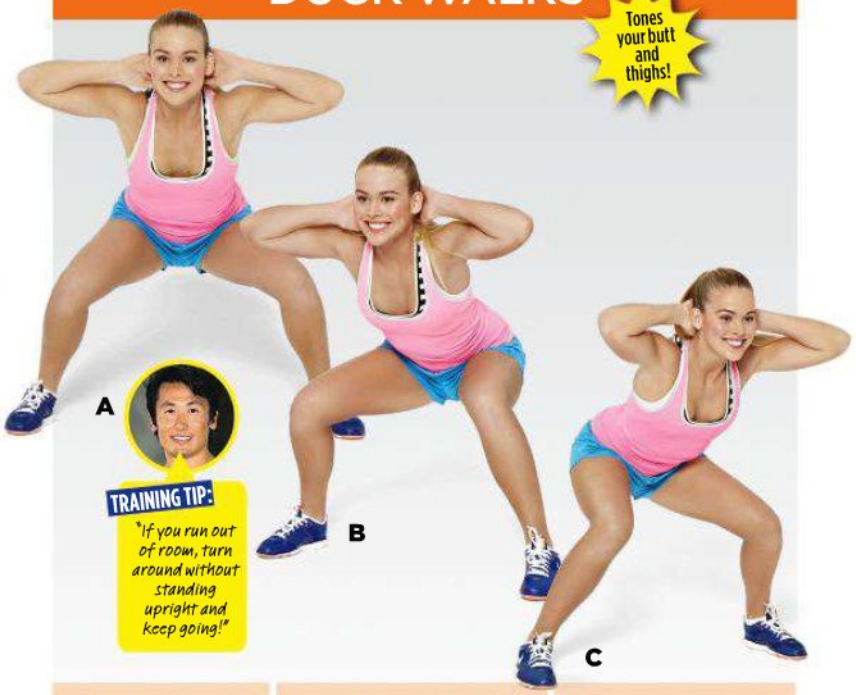
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**B** Extend left leg out as you bring right knee in, reaching left elbow to touch it.

**C** Repeat to the other side. Keep alternating—it's a fast, fluid motion.

## DUCK WALKS

Tones your butt and thighs!




**TRAINING TIP:** "If you run out of room, turn around without standing upright and keep going!"

**A** Squat down with back straight and hands behind head.

**B** Stay low in your squat as you take a big step forward with your left leg.

**C** Now step with right leg. Keep "duck walking" in the squat position.

## IDEKICKS

Firms your hips, butt, and thighs!




**TRAINING TIP:** "To make it easier, do it without a band. Pretend you're pushing against an imaginary force for best results!"

e

**B** Lift your left leg sideways as high as you can, keeping it straight and your upper body still. Return to A.

**C** Repeat to the other side.


## WIN A SWAG BAG!



Light, comfy clothes will make any workout feel easier! Go to seventeen.com/freebies for a chance to win this cute tote and super-bright gear from Nike.

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from other readers and exclusive access to Sonki's weekly training tips!



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SPRING BREAK BOOT CAMP!

# THE 60-SECOND SECRET TO YOUR BEST BODY



Ke$ha may play hard—but to get that beach bod ready, she works hard too!

Need a *super*-speedy spring break shape-up plan? These quick moves from **Ke$ha's** trainer, Sonki Hong, will get you the toned legs, flat abs, and leaner bod you want!

**OPEN FOR WORKOUT MOVES!**

MAIN PHOTO: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: MARCOS DIAZ AT ION STUDIOS FOR REDKEN. MAKEUP: THORA AT KATE RYAN INC., FOR DIOR COSMETICS. ON MODEL: TOP, SUSIE ROSE; BIKINI TOP, GOSSIP GIRL; SHORTS, HURLEY; SUNGLASSES, RAY BAN; BLUE NECKLACE, ETTIKA; PENDANT AND GOLD CHARM GOLD NECKLACE, TRYST; BANGLES, LACOSTE. KESHA: SCOPE AUSTRALIA/PACIFICCOASTNEWS.

# 1-minute makeov

## YOUR PERSONAL TRAINER

**NAME:** Sonki Hong

**LOCATION:** Los Angeles

**CLAIM TO FAME:** Celebs like Ke$ha love his fun outdoor "boot camp" workouts!

**WEB SITE:** sonkifitness.com

**TRAINING TIP:**

### THE 60-SECOND SECRET!

How to do this workout—and why it gets the job done.

- First, warm up! Jog in place for 2 minutes, stretch your whole body for 5 minutes, then do jumping jacks for 1 minute.
- Now do each strength move for 60 seconds, as hard as you can. (Rest for 30 seconds in between.)
- Finally, repeat the strength circuit (that's all 5 moves) two more times.



"Going all out on a move for 60 seconds forces you to work your muscles harder. You'll hit your max every time, which means you tone up faster!"

## DIPS

Tones your arms and shoulders!



**TRAINING TIP:** "If you get tired, don't give up. Make it easier by bringing your feet in and bending your legs at 90° to finish strong."




**A** Sit on chair, hands beside hips. Scoot butt off seat and extend legs straight out.

**B** Lower your body by bending arms to 90°, then push back up to A.




**A** Lie on back with ha behind head. Lift l bend them at 90°.

## SWIMMERS

Tones your back, abs, and butt!






**TRAINING TIP:** "Don't let your back arch up. Keep it flat and your stomach will get tighter!"

**A** Get on your hands and knees and look down at the floor.

**B** Lift left arm and right leg at the same time, so that they're parallel to the floor. Return to A slowly.

**C** Pause for three seconds, then repeat on the other side (right arm up, left leg up).

## S




**A** Stand with legs straight, feet together, palms in prayer position, and a resistanc band around calves.

STEP-BY-STEP PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: MARCOS DIAZ AT ION STUDIOS FOR REDKEN. MAKEUP: THORA AT KATE RYAN INC., FOR DIOR COSMETICS. ON HUNTER: PINK TANK, OLD NAVY; WHITE TANK, LINE AND DOT; SPORTS BRA, FIT; SHORTS, SOFFE; SOCKS AND SNEAKERS, NIKE. STILL LIFES: PHILIP FRIEDMAN/STUDIO D.

TEAR OUT HERE!

TEAM seventeen Join Team Seventeen at seventeen.com/team17 for support

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# spring-clean your love life

## (and get the guy you really want!)

**Ditch the drama that's dirtying up your life and get ready for a fresh new attitude about love!**

BY elisa benson

MAIN PHOTO: SAYE. (MODLES USED FOR ILLUSTRATIVE PURPOSES ONLY.)

# why is your love life so messy?

**These sneaky underminers affect you more than you realize. Time to clean up your act!**

## perma-crushing

If you've liked the same guy for months with no real sign of interest from him, it can **start to make you wonder if something is wrong with you**—when really, he's just the wrong guy! Save your energy for someone you click with right away.

## a negative BFF

When you have a friend who's always complaining about guys, her **downer attitude starts to rub off.** It's okay to make her the friend you call when you want to go out, not the one you turn to when you're stressed about guy stuff.

## tech overkill

When almost all your flirting is through text, Facebook chat, and IM, it's easy to get a little addicted—so much that you forget that **the whole point is to hang out in person.** Time to try your best bold lines face-to-face!

## YOUR SPRING FLING TO-DO LIST

**These easy touch-ups are like spot-cleaning—for your heart.**

### ☑ rearrange your route

Take a different hallway at school or hit up a hangout you've never been to. It's the easiest way to run into a bunch of *new* dudes!

### ☑ dump bad memories

Got one heartbreaking moment from your last relationship that you can't stop thinking about? Jot it in an e-mail, send it to yourself, and hit delete. Refuse to keep obsessing.

### ☑ organize your FB news feed

Create a default list for just the friends you actually care about and hide anyone who brings you down—like the frenemy who chats up your crush. No need to see her every time you log on!

## DUMPSTER DUDES



**Sometimes the trash you have to take out is *him*!**

"My ex used to get mad when I hung out with other guys, and it took me a long time to realize that he was controlling. When I finally dumped him, I couldn't believe how relieved I felt—no more pressure."

–NOEL, 17, DECATUR, IL

"My boyfriend and I were off and on for weeks until it hit me that we wouldn't keep breaking up if we were right for each other. When I ended things for good, it was amazing to feel so drama-free!"

–NADIA, 20, PLAINFIELD, IL

## PS: GUYS ❤ YOU IN THE SPRING!

"Girls look so cute when they finally lose the winter hats and bulky jackets—I like the way a girl's hair falls on her bare shoulders when she wears a tank top. Plus, it's still chilly enough at night that I can put my arm around her!"

–alex, 21, south portland, me




**17 EXPERT:** **Amy Spencer,** a relationship expert and author of *Meeting Your Half-Orange: An Utterly Upbeat Guide to Using Dating Optimism to Find Your Perfect Match* (Running Press, 2010).

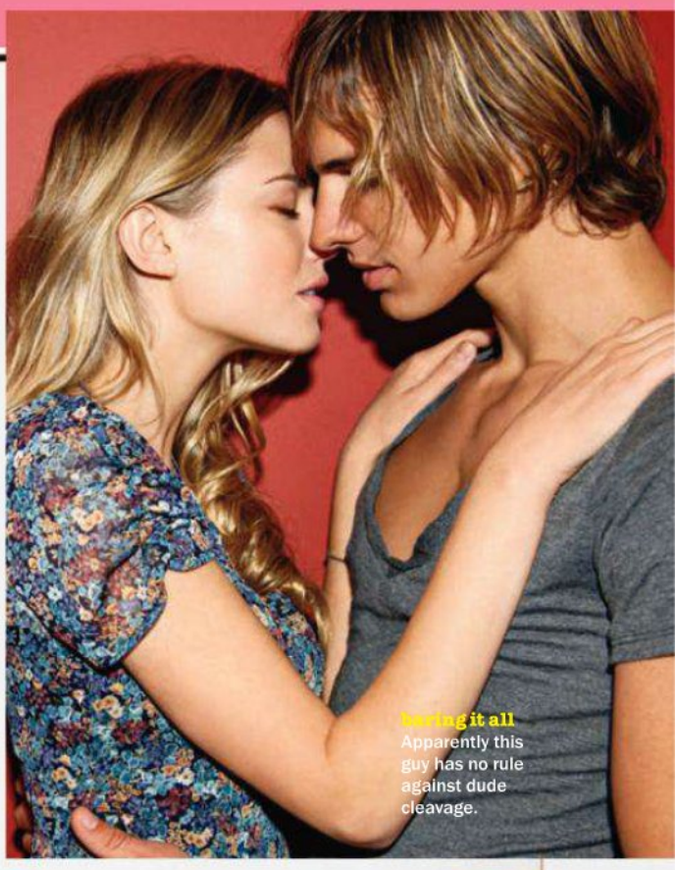
**SEVENTEEN.COM** How messy is *your* love life? Find out at seventeen.com/quizzes

GARBAGE CAN: © SQUARED STUDIOS/GETTY IMAGES.

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# his hookup rule book

Who does he want to get with and how far will he go? Guys confess their secret rules.



**Baring it all** Apparently this guy has no rule against dude cleavage.

## RULE #1: NO GOSSIP!



"My rule is to say as little as possible. Whenever my guy friends brag about a hookup, **I can't help thinking how terrible the girl would feel if it got back to her** . . . and since I go to a small school, it's likely that it will. It's no one else's business!"

–DENNY, 21, CLEVELAND, OH

## RULE #2: THREE HICKEYS, YOU'RE OUT!

"If a girl gives me more than three hickeys in one hookup session, I'm not going to call her again—it basically means she's slutty!"

–ALEX, 21, ELLICOTT CITY, MD

## RULE #3: DIBS EXPIRES AFTER TWO MONTHS!



"If I want to hook up with a friend's ex, I wait until two months after they broke up—then she's fair game! That's enough time for my buddy to snap out of it. The only exception is **if she broke his heart,** then I wait four months—to be fair to him."

–ANTHONY, 19, BRONX, NY

## RULE #4: TEST HER WITH A KISS!

"A hookup is your chance to see if you have feelings for a person, so the first time, I never go past kissing—that's all it takes to tell if you click."

–CONRAD, 17, ROLLING HILLS, CA

## RULE#5: NO OVERLAP!



"Last year I was hooking up with two girls. They were different class years, so I didn't think they'd find out about each other. **But I began feeling so guilty that I broke things off with both of them.** New rule: no overlapping!"

–NICK, 21, CONCORD, MA

## RULE #6: KEEP IT FRESH!

"Whenever there's a chance I might hook up, I buy a fresh pack of gum—just to be safe!"

–AARON, 17, NEW YORK, NY

## RULE #7: SNAG A TROPHY!

SO WEIRD!



"My roommates and I have a rule: Every time you have a random hookup, you have to **steal something small from the girl to hang on our wall.** My run has consisted of a hat, an earring, a sweatshirt—even underwear!"

–COREY, 19, CHICAGO, IL

MAIN PHOTO: ASHLEY BARRETT. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) REPORTING: JESSICA GOLDSTEIN.



SEVENTEEN.COM Get more hookup advice from hot guys (on camera!) at seventeen.com/hookup.

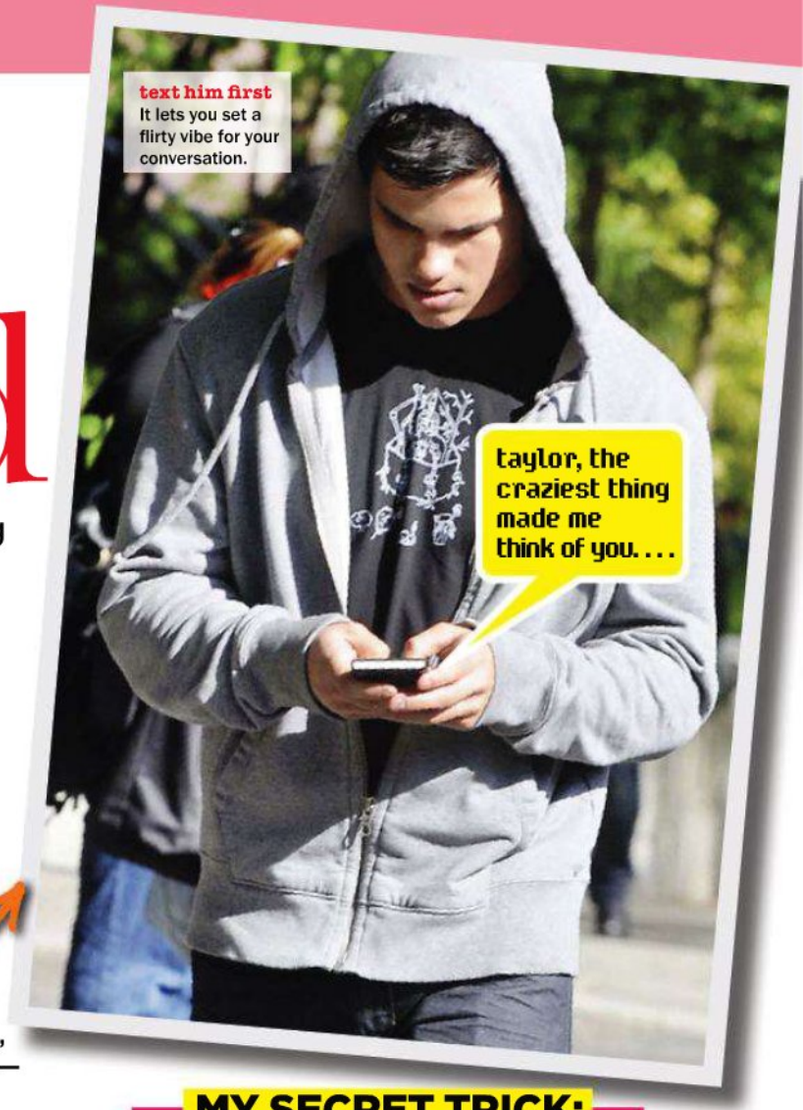



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SNEAKY WAYS TO

# stay on his mind

**Met a hot guy? Make sure he'll be thinking about *you* days later!** BY elisa benson




## ☑ snap a picture

While you're talking, ask if he'll take a picture of you and a friend—then tell him to jump in the next shot. When you tag him on Facebook a few days later, **comment with a cute question:** "Nice pic . . . what's the secret to your swagger? ;)." He'll be enticed to respond!

## ☑ take text control

If he asks for your number at the end of the night, smile and say you don't give it out to just anyone—but you'll take *his.* **Then you're in charge of when to reconnect.** (Wait a few days to give him time to miss you!)

## ☑ pay a big compliment

You know how you always remember when someone tells you that you look like a celebrity? Use this tactic to your advantage by **giving him a specific compliment.** ("When you smile, you look so much like Ryan Reynolds! Do you get that a lot?") Just make sure the praise is sort of true, or it'll sound like a line.

## ☑ save your best story

After a few minutes of fun chatting, tease him with a juicy nugget of info. ("Remind me to tell you about my crazy spring break in Daytona sometime.") He'll push you to spill, but wave him off and say it's the **kind of story you need to tell over cheese fries.** You're giving him a super-easy way to ask you out!

## ☑ bet on the future

Steer the convo toward an upcoming event—like March Madness—and bet on how it'll turn out. **When the games roll around, he'll think of you** (especially if you text a little trash talk his way, you flirt!).

## MY SECRET TRICK: plant the seed



"One time at a party, the guy I was talking to mentioned that he loves dirt-biking, so I casually said I'd love to go sometime. It worked—he invited me over a few days later!"
–PAULINE, 19, RALEIGH, NC

## THE *WRONG* WAY TO STAY ON HIS MIND



The idea is for him to remember *you,* not your undies! **Keep your assets under wraps** or you'll seem mega-desperate—like when Lauren flashed Carter on *Make It or Break It*!

LAUTNER: WHITTLE/SPLASH NEWS.

PROMOTION

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As a new generation of women, **we experience all types of "firsts"**—from our first day of college to our first apartment. **Text us a photo that represents one of the "firsts" in your life**, and you will be entered to win another "first"— a trip to a city you've never been to! Plus, you will score a $1,000 shopping spree!

Simply **text your photo** and **OLAY** to **60856**
or go to **seventeen.com/olay** to enter.

OLAY

NO PURCHASE NECESSARY TO ENTER OR WIN. A NEW GENERATION CONTEST. Sponsored by Hearst Communications, Inc. If your phone is not text compatible or your handset/carrier doesn't support photos, go to seventeen.com/olay to enter. Text OLAY and photo to short code 60856 from your mobile phone. Mobile phone entrants will be charged standard text messaging rates for text messages sent and received. You will receive one text message confirming your entry and an additional text message to obtain your name, age and contact information. Contact your carrier for pricing plans and details. Text and photo entry not available with T-Mobile. Text HELP to 60856. To end messages Text STOP to 60856. Contest begins at 12:01 a.m. ET on February 1, 2011 and ends at 11:59 p.m. ET on March 14, 2011. Must be female, ages 13 – 24 and a legal resident of the 48 Continental United States or District of Columbia. Void where prohibited by law. Contest subject to complete official rules available at seventeen.com/olay.

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# avoid guy gossip!

It wouldn't be spring break without scandal! Here's how to squash goss before it leads to drama.



**status check** Hey, Selena, why deny the chemistry when you're with a guy *this* cute?

## THE GOSS: People keep asking what's up with your new guy, but you two haven't even defined things yet.

**WHAT TO SAY:** "I'm not that into labels." It gets you off the hook without revealing anything personal.

**WHAT TO DO:** Bring it up with him: "Are your friends asking about us? Mine are obsessed!" It's a casual way to start a convo about your relationship status.

## THE GOSS: A friend said she heard your BF cheated. You're freaking out!

**WHAT TO SAY:** "Meh. I don't listen to that stuff." Acting unconcerned makes it a nonissue with the rumor mill.

**WHAT TO DO:** Resist the urge to ask around for info—it just fuels *more* gossip. Stand by your guy until you can confront him privately.



Miley had major party PDA with actor Avan Jogia!

## THE GOSS: Everyone wants details about your party hookup. Mortifying!

**WHAT TO SAY:** "It is what it is!" An evasive reply makes it clear that there's no way you're dishing.

**WHAT TO DO:** Keep quiet. People will lose interest in about a week—when there's a *new* rumor to discuss!

SEVENTEEN.COM Are *you* causing rumors about your love life? Find out at seventeen.com/quizzes.

BIEBER AND GOMEZ: KEVIN MAZUR/WIREIMAGE; CYRUS AND JOGIA: SPLASH NEWS.



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In *Black Swan*, prima ballerina Nina pushes herself to the edge of health and sanity.

She's a real-life Black Swan!

# "i sacrificed everything for ballet"

**Of course, you'd do *anything* to achieve your goals. But for Hannah, 18, her dream of becoming a top ballerina turned into her biggest nightmare.** AS TOLD TO jane bianchi

When you're starting out as a ballerina, all you focus on are the pretty tutus and the amazing adrenaline rush you get while performing. I'd watch the pros float gracefully across the stage—studying their every move—and leave feeling *inspired*. But the day I decided to quit ballet, all the magic had disappeared. I was training so relentlessly that I'd fall asleep in my textbooks from exhaustion and wake up stressing about cutthroat dancers. While my friends were taking fun trips to Six Flags on weekends, I was in the studio practicing the same moves over and over. After weeks of grueling all-day training at ballet boot camp this past summer, I felt broken and had a flash of realization. I knew my sacrifice was no longer worth it, and I needed to reclaim my life.

I've devoted 14 years to dance. I started when I was 3 and have been practicing four hours a day at prestigious New York ballet schools for the past five years. For me, ballet quickly became an addiction. Instead of being proud when I nailed three pirouettes in a row, I'd push myself to do four (only the best female pros can do four flawlessly). I dreamed of becoming a pro, nailing a difficult routine, and getting a standing ovation—and thought nothing could stop me.

Less than **1%** of dancers who audition for the top ballet companies in the US are accepted annually.

## PSYCHED OUT

Ballet requires perfection. Every hair must be in place, and every leotard must be the right color. And there's a satisfaction in knowing you've gotten all the details *just* right. But the moment you make a mistake, you are humiliated by the instructor—in front of the whole class. Once I messed up a step and a teacher yelled, "What the f*** do you think you're doing?" I held back tears and told myself: You did your best.

I had to, because your classmates won't comfort you. The crushing competition among girls is awful. Even if you become super-skilled, it doesn't guarantee you'll get parts. I've lost roles to less talented girls—because a girl's family had donated money to the school or because she'd known the teacher longer. It's unfair, but it's reality.

That's why ballet dancers kiss up to teachers, because it all comes down to who's getting the most attention. And dancers will do whatever it takes to get it. Once, when two new girls hogged my teacher's attention, another dancer got so jealous that she secretly cut the laces off the two girls' shoes, so they would have to miss practice.

## ACHES AND PAINS

Ballet is an art, but it's also a sport. My feet are so deformed from blisters and bruised toenails that I'm embarrassed to get pedicures. Even minor injuries make it hurt to go *en pointe* (on your toes in ballet shoes), but when you have to perform, you just suck it up.

I've had major injuries, too. Once I was an understudy for a lead role in a piece with challenging lifts and spins—a big opportunity. I knew I had loose cartilage in my knee, but I was *drooling* for the part! So when the star sprained her ankle a week before the show, I finally had my chance! I had just seven days to perfect her moves, so I danced like crazy and made it through the show. But I damaged my knee so much that I had to stop dancing for five months—an eternity!—because I was in so much pain. I'm okay now, but I could have permanently wrecked my knee.

> "I was brainwashed into thinking ballet *had* to be my life."

## A WEIGHTY ISSUE

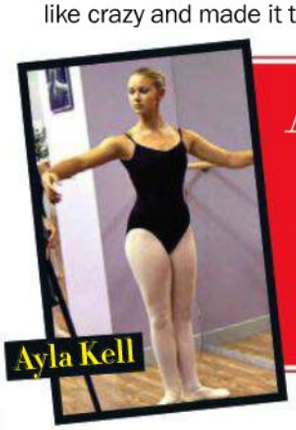
Ballerinas are ultra-thin, and they'll go to ridiculous lengths to stay that way. Freshman year, I was obsessed with being skinnier than my dancer friends. I tried to diet myself down to an unhealthy weight because teachers said, "You dance best at that weight." When that failed, I'd starve myself, but that just made me binge and gain *more* weight. It was a huge mistake! The next year, when I made friends outside of ballet who didn't constantly talk about weight, I began eating normally again. And I still danced well!

## NO TIME FOR FUN

Ballet demands every bit of your time. Last year I had a rehearsal that was scheduled to end at 7 P.M., the same time my Sweet Sixteen started! I changed into my dress on the way and showed up late to my own party! It was so embarrassing!

I finally came to my senses last summer. Two of my friends quit, saying they felt burned out from training so intensely. It rang true. I didn't feel "sparkly" about ballet anymore. In fact, I dreaded competing with other dancers in class.

So when I finish this school year, instead of applying to pro dance companies, I'm applying to college. I want to get into photography and go to parties! I was brainwashed into thinking that ballet *had* to be my life. But I've seen dancers have meltdowns, and I refuse to become one of them. I remind myself daily that I'm not giving up my dream—I'm chasing a new one. 17


Ayla Kell

## A STAR'S STRUGGLE

**Before Ayla Kell starred in ABC Family's *Make It or Break It*, she was a hard-core ballerina—completing 15 years of training at the Los Angeles Ballet Academy!**

"Ballet is so **intense** that I was super-tired all the time. And I missed out on plenty of movies, school dances, and all sorts of things **my friends** were doing that I never could because 'I *had* dance.'"

SEVENTEEN.COM Share your story at seventeen.com/mylife

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Ashley Greene's MISSION:

# donate *your* prom dress!

Not everyone can afford their dream dress—or any dress at all! So start a donation drive for girls in need.




## ASHLEY SAYS:

## WHY IT MATTERS TO ME

**"In high school, I had to work several jobs to save enough to buy a prom dress.** It was so worth it: I had a blast at prom! Every girl should have the chance to have that experience! So I was thrilled when Donate My Dress asked for my help. The charity's Web site helps you find dozens of chapters all over the US where you can give preworn gowns to girls who can't afford them. I've donated dresses that I've worn on the red carpet—one of them was to a girl whose parents lost their jobs and her family was living in a friend's garage. It was such a humbling moment. It made me realize how many people have been hit by the recession and how much we can help!"

## make it YOUR mission



**GIVE A GOWN** Find a chapter near you at donatemydress.org.

**START A DRESS DRIVE** Pick a day and time—and then spread the word to friends on Facebook and Twitter that you'll be collecting dresses at school.

**CREATE A CHAPTER** Create an official chapter of Donate My Dress at your school so girls have a place to drop off gowns. Go to the site to download a complete guide on how to get started.



## I did it!

"I was looking for a way to give back, and I remembered that a 16-year-old friend of my family's—Rebecca Kirtman—had started a dress drive at her school in Davie, Florida. After she died in a car accident in 2003, girls all over the country began creating their own chapters of 'Becca's Closet' in her honor (all of which can be found on donatemydress.org). I started one at my high school in 2008, and our chapter has collected more than 500 dresses! Seeing the joy in a girl's eyes as she finds the *perfect* dress is so rewarding!"

–KIMBERLY, 18, MARIETTA, GA

**SEVENTEEN.COM** Find out where you can volunteer in your town at Seventeen.com/volunteer

GREENE: MICHAEL BEZJIAN/WIREIMAGE. STILL LIFE: (DRESS) JESUS AYALA/STUDIO D.



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EASY MONEY

# is money ruining your friendship?

**Stop money stress from getting between you and your BFF!** BY catey hill



**don't let money tear you apart**
There are easy ways to hang with your buds without falling into debt!

## JEALOUS!

**My friend's parents give her cash *all* the time. When we go shopping, she always buys expensive things. How do I resist the urge to spend like she does?**



**DO THIS:**

- ☑ Only bring the cash you can **afford to spend.** You're less likely to make impulsive decisions when you have to hand over actual bills.
- ☑ Leave debit and **credit cards** at home so you won't be tempted to blow your budget.
- ☑ If you *must* bring plastic, put a **sticky note** on each card that reads: "Do I really *need* to buy this?"

## LEFT OUT!

**My friends love big outings, like concerts or mani-pedis at the spa, but they always cost *so* much money, and I'm broke—help!**




**TRY THIS:**

Be the first to throw out suggestions so you don't get roped into expensive stuff! Subscribe (for free) to a group discount site like **yipit.com**, which e-mails coupons for **50%- to 90%-off** at salons, restaurants, bowling alleys, sporting events, and concerts.

## EMBARRASSED!

**I loaned my BFF money and she promised to pay me back but then "forgot." How do I remind her without sounding mean?**

**SAY THIS:**

"Hey, remember that $40 I lent you? I need it this weekend."

When you give her a **deadline,** she can't put off paying you back again!



## CELEB TIP: SHOP SOLO!

"I was shopping with **Lucy Hale** and saw a great jacket. I wasn't sure if I should splurge, and she was like, 'You have to! It's amazing!' So I got it, but if she hadn't been there, **I probably would have passed.** Friends are never going to say, 'Don't buy it,' unless something is absolutely hideous, so I save money by shopping alone!"

**–ashley benson from *pretty little liars***

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**17 EXPERT:** **Catey Hill,** the author of ***Shoo, Jimmy Choo! The Modern Girl's Guide to Spending Less and Saving More*** (Sterling, 2010).

MAIN PHOTO: SAYE. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) BENSON: STEVE MACK/FILMMAGIC. STILL LIFES: (MONEY) BERNARD JAUBERT/GETTY IMAGES; (NAIL POLISH) COURTESY OF OPI.




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# the wildest stories ever!

**What are the odds? If this crazy stuff could happen to these readers, it could happen to you, too!**




## "I GOT ATTACKED BY A MOUNTAIN LION!"








"One night while driving home from babysitting, **I pulled over** to check if my tire was flat. Suddenly something scratched my right calf and I was **knocked to the ground!** I was stunned but able to stand up. I came face-to-face with a mountain lion! Terrified, I inched toward the car, but the lion creeped toward me again. My instincts took over and I kicked it in the jaw! It ran away and I quickly got in my car and drove home before it came back to get me! **I was in pain** and bleeding. But I didn't want to go to the hospital—I'm a tough girl! And now I feel that my scars are a badge of honor."

**–KENDRA, 18, DIVIDE, CO**

## "I WON THE LOTTERY!"

"I'd never played the lottery before, but I saw a pretty blue and pink ticket at a convenience store, and it was **only five bucks,** so I bought it and brought it home. One of the five numbers I needed to scratch to win was a 19 . . . and I scratched a 19! I felt a rush, because I knew I had won *something,* but I didn't think it would be **$100,000**! I stared at it, not believing it was real. But it was! I bought myself **a cute Lexus coupe,** gave my brother $4,000 to pay off credit card debt, and put the rest in savings. I'm no millionaire—I still work at the zoo as a pony ride attendant—but it's nice to have extra cash!"

**–MERRANDA, 20, COLUMBIA, SC**



## "I WAS STRUCK BY *LIGHTNING*!"

"One summer evening, my friend Eric was walking me home in the rain. We were in the middle of a conversation when we got to my house, so **we took cover under a big tree** in my front yard so we could keep talking until the rain stopped. I'd heard that being near trees during a storm was a bad idea, but I'd never heard of anyone actually getting hurt. All of a sudden, it started to thunder and lightning and the next thing I knew, everything went black. **I woke up in a haze face-first on the ground** as my dad tried to pull me to my feet. But I couldn't move my limbs! Then he whispered, 'You got struck by lightning!' **I was petrified I was going to die** when the ambulance pulled up. After three days in the hospital, I could finally move my body again. But then I was hit with hard news: Eric had died. I was devastated. I miss him so much. I've learned that life is short, so now I live every moment to the fullest."

**–CEYORA, 16, McDONOUGH, GA**

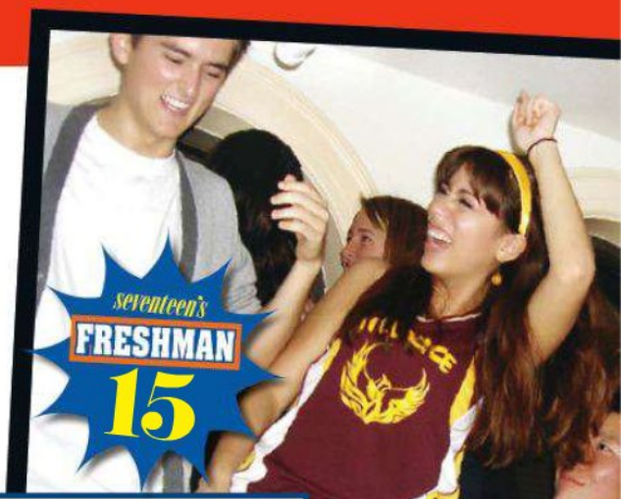


SEVENTEEN.COM Have a story you'd like to share? Tell us at seventeen.com/truestories.

MOUNTAIN LION: DANIEL J. COX/GETTY IMAGES. LIGHTNING: REX STUCKY/GETTY IMAGES.

# your first-year photo album

The Freshman 15 share the inevitable college moments guaranteed to wind up on FB. What pics will *you* get tagged in?



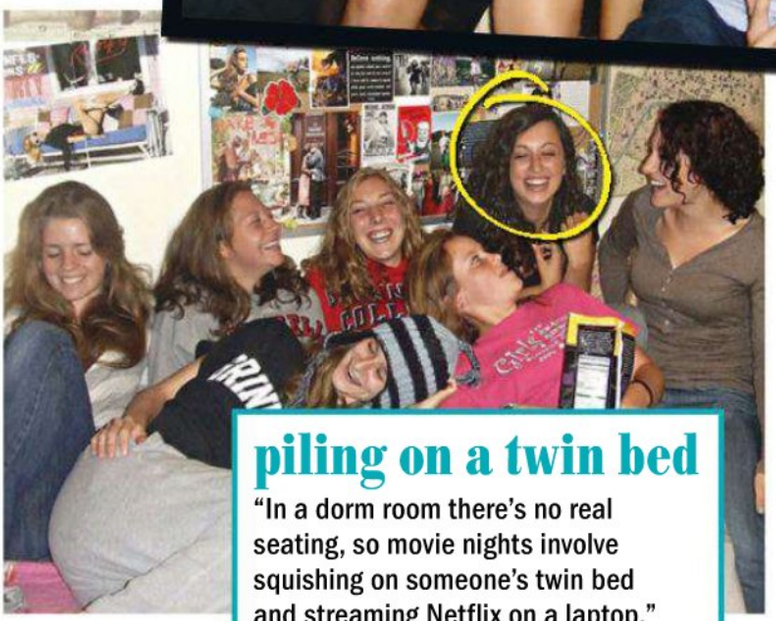

## dancing on a table

"When you're at a crowded party and there isn't space on the dance floor, you *will* climb on a table and go crazy—at least once. (And if you're me, it's more like five times!)" *–veronica, rice university*




## getting sexiled

"It's not a college urban legend—getting sexiled really happens! My friends nicknamed their room the Sexile Refugee Camp, because so many girls go there to sleep while their roomies hook up!" *–casi, stanford university*



## piling on a twin bed

"In a dorm room there's no real seating, so movie nights involve squishing on someone's twin bed and streaming Netflix on a laptop." *–samantha, grinnell college*



## conking out in public

"During midterms and finals, no one has time to sleep. Once I got so tired that when I put popcorn in the microwave, I fell asleep waiting for it! Of course, my friend took this picture before waking me up." *–sarita, columbia university*



## celebrating snow

"When it first snows, there's a huge snowball fight and people make sleds out of the tops of those big plastic storage bins! College is so intense that people need any excuse to escape the stress." *–katie, university of north carolina*

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BONUS SECTION!

**ALEX'S STATS**
**Age:** 20
**Hometown:** London, England
**Where you'll find him:** He stars with *Glee*'s Dianna Agron in *I Am Number Four* (in theaters February 18) and then with Vanessa Hudgens in *Beastly* (March 18)!
**Flirty fact:** He and Dianna fell in love on the set!

# SPRING'S SEXIEST GUYS

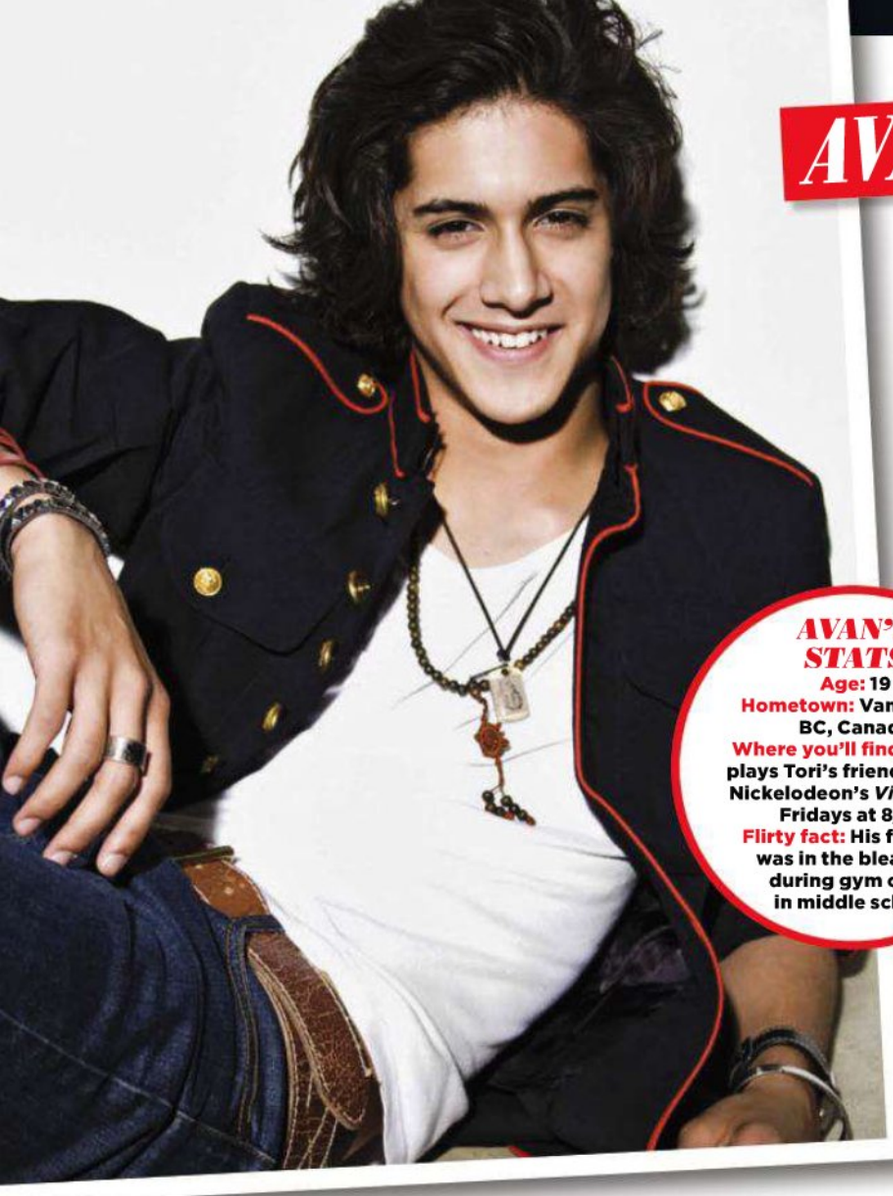
**These are the smokin' hot new celebrity faces you need to know *now*!** BY NEHA GANDHI

## ALEX PETTYFER

*"I find it hard to make the first move with girls. I'm just a nervous guy. But everyone gets nervous. If you're not, you're perceived as arrogant!"*

PETTYFER: BRIAN BOWEN SMITH. COPYRIGHT, DREAMWORKS II, LLC. ALL RIGHTS RESERVED.

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# AVAN JOGIA

**AVAN'S STATS**
**Age:** 19
**Hometown:** Vancouver, BC, Canada
**Where you'll find him:** He plays Tori's friend Beck on Nickelodeon's *Victorious*, Fridays at 8/7c.
**Flirty fact:** His first kiss was in the bleachers during gym class, in middle school!

**17: You and costar Victoria Justice are close. Do you have a lot of girl friends?**
**AJ:** I like to talk, and girls like to talk, so growing up and being the dorky arty kid, it was easier to hang out with girls. Having girl friends is great because it's easy to talk about relationship things with them. They can help you, and make you see things from a girl's perspective.

**17: Do you feel like friends can turn into something more?**
**AJ:** No. For me, the attraction needs to be instant. If I'm completely into a girl and want to date her, I just do.

**17: Have you ever been in love?**
**AJ:** Love is weird, like when you start acting irrationally. I've been in a serious relationship before, but I don't know if I've ever been in love.

# SHILOH FERNANDEZ

**SHILOH'S STATS**
**Age:** 25
**Hometown:** Ukiah, CA
**Where you'll find him:** He stars with Amanda Seyfried in *Red Riding Hood* (in theaters March 11) and Ashley Greene in *Skateland* (March 25).
**Flirty fact:** He was almost cast as Edward Cullen in *Twilight*!

**17: What's the biggest risk you've ever taken?**
**SF:** Falling in love. You really have to be fearless to go ahead and allow those feelings to wash over you.

**17: What the craziest thing you've done for a girl?**
**SF:** I once bought a ticket to England to see a girl after knowing her for only a week. Six months later she moved to L.A. to live with me. Sometimes impetuousness is beautiful.

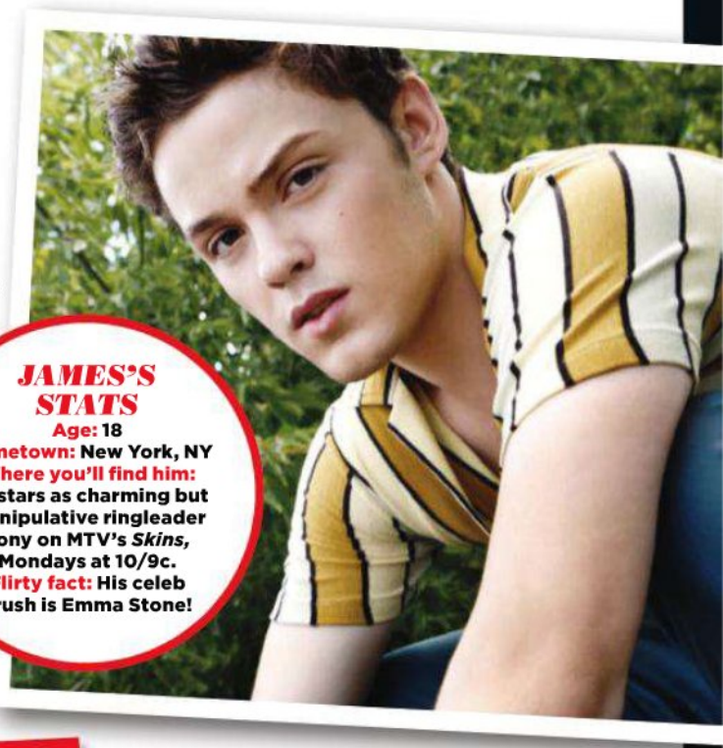
**17: *Skateland* is all about growing up—do you have a first "adult" moment that stands out?**
**SF:** When I moved to Los Angeles and had to pay rent for the first time, I worked three jobs and saved pennies to make the payment. But being on my own gave me a real sense of pride and confidence.



SEVENTEEN.COM Which of these hot guys is your perfect match? Find out at seventeen.com/quizzes

JOGIA: TYLER SHIELDS/CONTOUR BY GETTY IMAGES. FERNANDEZ: KIMBERLY FRENCH/WARNER BROS. ENTERTAINMENT.

# JAMES NEWMAN



**17: Your *Skins* character, Tony, is kind of a jerk, but he's a likable jerk. Is he similar to you?**

**JN:** All high school boys like to be in control . . . and they're bored. Tony is bored, so he makes things happen, sometimes at the expense of other people, which can be cruel. But I think every guy has the desire to shake things up like that.

**17: How did you treat girls in high school?**

**JN:** I was pretty awkward. I wasn't too aggressive with girls. I'm definitely more of a relationship guy.

**17: Do you have any deal-breakers?**

**JN:** I'm put off by girls who take themselves too seriously, or are too into the high school social ladder. That's a big turnoff for me. I don't want someone who's with me for my status.

**JAMES'S STATS**
**Age:** 18
**Hometown:** New York, NY
**Where you'll find him:** He stars as charming but manipulative ringleader Tony on MTV's *Skins*, Mondays at 10/9c.
**Flirty fact:** His celeb crush is Emma Stone!

# PLAN B



**PLAN B'S STATS**
**Age:** 27
**Hometown:** London, England
**Where you'll find him:** His album, *The Defamation of Strickland Banks*, comes out in the US on April 12. (It's already number one in the UK!)
**Flirty fact:** He doesn't want to meet his soul mate yet, because he's afraid he'll screw it up!

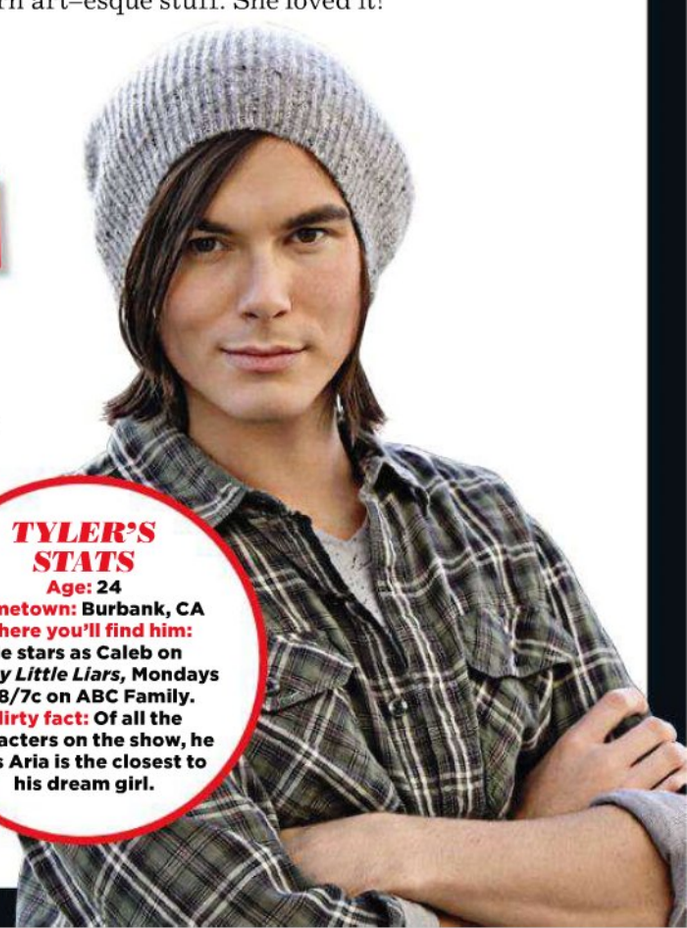
**17: What's your go-to pickup line?**

**PB:** The best way of getting a girl's attention is by insulting her—as long as you do it in a joking way. Growing up, I learned that if you can make a girl laugh, she's yours. It's how you break the ice, but then you just have to be nice.

**17: What's the nicest thing you've done for a girl?**

**PB:** Twenty-one presents on her 21st birthday. I didn't get the impression that she was going to be getting a lot of other presents, so I got her 21—clothes, shoes, jewelry, bath stuff, weird modern art–esque stuff. She loved it!

# TYLER BLACKBURN



**17: What are you like when you meet a cute girl?**

**TB:** It's funny—I don't really know when a girl is flirting with me. I'll go talk to a girl and have it be friendly, and she's gorgeous, but then I'll leave and my friends will be like, "Where are you going?!?" and I'll be like, "Oh, I thought she wasn't interested!" I'm not normal when it comes to that whole thing. It's a big game, and I don't like playing it too much.

**17: Once you've gotten past the games, what's the easiest way to your heart?**

**TB:** I *love* food, so any girl who will cook, I like that. The last time a girl cooked for me, I don't even remember what we ate, but I remember how romantic it was.

**TYLER'S STATS**
**Age:** 24
**Hometown:** Burbank, CA
**Where you'll find him:** He stars as Caleb on *Pretty Little Liars*, Mondays at 8/7c on ABC Family.
**Flirty fact:** Of all the characters on the show, he says Aria is the closest to his dream girl.

NEWMAN: JASON NOCITO. PLAN B: BEN PARKS. BLACKBURN: COURTESY OF RON TOM/ABC FAMILY.



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A★LIST

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The Sketchiest Spring Break in America! p. 172



MARCH 2011


# seventeen

Careful: This issue's a scorcher! Everything you need for your hottest spring break is right here—the coolest fashion, the flirtiest beauty, and our most fun cover girl ever!

MAIN PHOTO: TERRY DOYLE. FASHION EDITOR: LEANNE FORD AT LEANNEFORD.COM. HAIR: DAVID CRUZ FOR REDKEN/CUTLER NYC AT RAYBROWNPRO.COM. MAKEUP: KYRIAKI SAVRANI FOR DIOR AT FACTORY DOWNTOWN. ON MODEL: ROMPER, CELEBRITY PINK; T-SHIRT, VINTAGE HAVANA; BELT, AMERICAN EAGLE OUTFITTERS. ON GROUND: SWIMWEAR: YELLOW-AND-PINK BANGLE, LENORA DAME; GOLD, SILVER, AND TURQUOISE BANGLES, LULU'S; SNEAKERS, AMERICAN EAGLE OUTFITTERS.




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# miranda cosgrove

*In a world full of try-hards and fake fabulosity, Miranda couldn't care less about being cool—and that's what makes her even cooler.*

by carissa rosenberg tozzi photographs by colette de barros



**ON MIRANDA:**
Dress, Naven; black necklace, Dannijo; silver necklace, Lee Angel; belt, Streets Ahead.

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ON MIRANDA: Bracelets, from elbow to wrist: black satin bangles, Lee Angel; leather bracelet, Metalskin; crystal bracelet, Rosena Sammi.

Miranda Cosgrove may be the highest paid teen actress on TV (she makes over three times more than Miley Cyrus and Selena Gomez *combined*!), but all she really wants to buy is pajamas and maybe a few nice things for her mom—which is exactly what she bought at Bloomingdale's during a recent shopping spree. You might expect a little more flash with that much cash, but it's indicative of Miranda's totally unpretentious personality. This girl is a major star, but it's almost as if she doesn't know it. The night before this interview, the 17-year-old walked out of her New York hotel at 11 P.M. just to explore the city—a feat most celebs wouldn't brave without the presence of three huge bodyguards. She was more nervous about taking her SATs this fall than she was about performing for President Obama, which she did right before Christmas. And when you ask her who she admires, she says, "I wish I could come back as Tina Fey in another life." Funny, considering her own show, *iCarly* on Nickelodeon, has almost triple the viewers of Fey's *30 Rock*.

Miranda has never been concerned with celebrity standings and famous friends—especially now, when she has much bigger fish to fry. First, she's focusing on her music career—she's currently on tour to promote her latest album, *Sparks Fly*. But she's also stressing about what she will be doing after *iCarly*. Does she take time off to go to college, or follow her goal of becoming a serious movie actress? "My ultimate dream is to go to the University of Southern California for two years and then New York University for two years," she explains. "But I'm still trying to figure out what I want to do." Despite her big life-changing decisions ahead, she is in no rush to take on more adult responsibilities before she is ready. "I really want to move out and be more independent, but everyone has their own timing when she's ready to grow up," she shrugs as she bites into a forkful of deep-fried artichoke hearts. Miranda sat down with *Seventeen* to spill her life secrets: her hopes, her heartbreak, and the stuff that makes her *really* happy.

> "I'm nothing like iCarly."

**17: Your best friends aren't celebrities. Do they ever drag you to their high school parties?**

**Miranda Cosgrove:** Yeah. But I haven't been to that many because it can be just really awkward—either I don't know a lot of the people, or people think that they know me, and that's even weirder. But it can end up being fun. Just the other night I was at a party and I became friends with a lot of people there and nobody had any idea who I was, so it was really cool.

**17: What was that party like?**

**MC:** I thought it was going to be like this wild, fun night and we ended up playing Doodle Jump on an iPhone for four hours! My friends are always telling me that they go to all these parties and how great they are. So I thought it was funny that I spent all night playing a game. Once in a while, they'll say, "Let's go to a cool party where the *Glee* people are." But for some reason, we always end up at one of my friend's parties. I guess my friends aren't that wild. [*Laughs.*]

**17: Everyone is obsessed with *Glee*! Would you want to be on an episode?**

**MC:** Yes—it would be awesome! I'd love to play goth on *Glee*—try something totally different.

**17: If you went to regular high school, which clique could you see yourself in?**

**MC:** If I were in school, I'd probably be in the nerd group. I feel like that's really what I'm like because I'm a little more on the shy side. Sometimes if I read something about myself online, I'll see comments that say, "Why doesn't she ever do anything super-crazy?" But it wouldn't be natural for me to do anything like that.

**17: What about guys? Do you date a lot?**

**MC:** I've only had one serious boyfriend, but we dated for three years. [*Editor's note: She absolutely won't reveal who he is, but she met him at work!*] We broke up not that long ago. He's the one guy I really, *really* liked. People say they have that one person they never



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forget—I feel like that. Even though we don't talk too much anymore, he'll be the one who got away.

**17: Ugh! Were you totally heartbroken?**
**MC:** Yeah, I was. My two best friends have gone through breakups that were really hard, and I remember thinking, How could this be so hard and important to them? Literally for months they were really upset and they couldn't get over it. Because I had never been through anything like that, I would try really hard to help them, but I didn't really know what to do or what to say because I had no idea what it was like. And now that I've been through it, I totally understand. It was really hard.

**17: Why did you break up?**
**MC:** It was a long-distance relationship. We were living 3,000 miles apart—he wants to be an actor. Half the time he wouldn't really know what I was doing and I'd call him at the end of the day and I didn't really know what he was up to. And we've always had really bad timing. When one of us was pulling away, the other was really trying. Like he would say, "I do want this to work," and I would say, "No, I'm mad." Then I'd say I want it to work. Everyone would tell me I had to end it, that I couldn't keep having it go on like that.

**17: How did you get over it?**
**MC:** I cried the first week. I talked about it a lot and I *still* talk about it a lot. I think I drove one of my best friends crazy. Pretty much everyday I'd call her and start debating the breakup for 30 minutes—maybe it happened because of this or maybe it happened because of that. I just felt sad because I thought only about the great moments. That's the worst thing about it—when you're in the middle of a relationship and things aren't going well, you think about the few bad things. Then when it ended, you think of all the good moments. It's like a curse. All my friends said they did the same thing.

**17: Do you feel ready to date again?**
**MC:** I've been on two dates and I meet really nice people all the time, but I'm not completely over my ex. Right now I feel a little funny going out with people.

> "I want people to see the real me."

**17: If a guy you liked were to ask you out now, what's your dream date?**
**MC:** You know what I really want to do? At Universal Studios they have indoor skydiving. I really want to do that. So if any guy reading the magazine wants to go skydiving, I'm in!

**17: You seem very down-to-earth and *relaxed.* Does the pressure of fame ever get to you?**
**MC:** Everybody has her own things she goes through. As far as fame, it has been sort of gradual for me. I think it's hard for people when all of a sudden they're so big and they have to handle all this stuff. For me, it's been kind of slow. I've been able to take my time. Right now, my biggest pressure is figuring out if I'm going to start college, what I'm going to major in, or if I'll stop acting for a while. I don't feel like I'm going through anything more difficult than my friends are.

**17: You get compared to stars like Miley Cyrus and Selena Gomez a lot. Are you competitive with them?**
**MC:** It's funny—people think we're good friends or that we don't like each other. But the truth is I've met Selena and Miley only a few times. I don't know them super-well, but I think they're cool and nice. I follow them like a fan—I read about them in magazines, same as anybody else.

**17: When *iCarly* is over, what's next for you?**
**MC:** One of the main reasons I wanted to make an album was because I want people to see the real me. I think it's great that I can get people to come and see me on tour because of the TV show. But then they actually get to see me in person and see me as myself and see that I'm nothing like iCarly. I want to branch out and be taken seriously as an actor. I would love to be like Anne Hathaway or Natalie Portman and play all these roles that are completely different and get lost in it. It's scary to take the next step, but I also feel more independent and better about it because it's all up to me now.

Fashion Stylist: Beau Quillian at Celestine Agency. Hair: Adir Abergel for Frédéric Fekkai at Starworksartists.com.
Makeup: Kate Lee for Chanel at Starworksartists.com. Manicure: Naja for Extremedys2012.com at Celestine Agency.



ON MIRANDA:
Necklace, Dannijo;
ring, Sequin.

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# your spring hot list

Looking for the best new trends that will take you from the beach to the street and beyond? You're getting warmer....

**photographs by terry doyle**

# mismatched bikini

Mix yourself something refreshing—two different patterns make one cool suit!



**bikini top**
Sizes S–L, R Collection by Raisins, $46, southmoonunder.com.
**bikini bottoms**
Sizes S–XL, GoJane, $14, gojane.com.
**hat**
Rip Curl, $26, sundiego.com.
**clips (on hat)**
Red flower, M&J Trimming, $8, mjtrim.com; pink flower, Ban.do, $35 for set of two, shopbando.com; feathers, Lulu's, $12, lulus.com.
**necklaces**
Turquoise necklace, Make Me Chic, $15, makemechic.com; beaded ball necklace, R.J. Graziano, $65, call 212-685-1248 to order.
**bracelets**
On right arm, from elbow to wrist: Red bangle, Pono by Joan Goodman, $150, 866-336-7666; green bangle, Ben-Amun by Isaac Manevitz, $95, ben-amun.com; purple crystal bangle, Fantasy Jewelry Box, $40, fantasy jewelrybox.com; silver and blue bead bracelets, Old Navy, $11 for set of five, oldnavy.com.
On left arm, from elbow to wrist: Blue bracelet, Fantasy Jewelry Box, $18, fantasyjewelrybox.com; orange bracelet, Old Navy, $9, oldnavy.com.

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# flippy skirt

Take this twirly mini for a spin—it's even cuter with a graphic tankini.

**skirt**
Sizes S–L, Fire LA, $30, firela.com.
**tankini**
Sizes S–L, Hot Tuna, $50, call 310-320-8880 to order.
**hat**
Roxy, $28, roxy.com.
**bangles**
Pink, light blue, and yellow bangles, M. Haskell, $10 each, call 212-764-3332 to order; teal bangle, Make Me Chic, $4, makemechic.com.
**sneakers**
Sizes 5–11, American Eagle Outfitters, $20, ae.com.



# teased-out waves

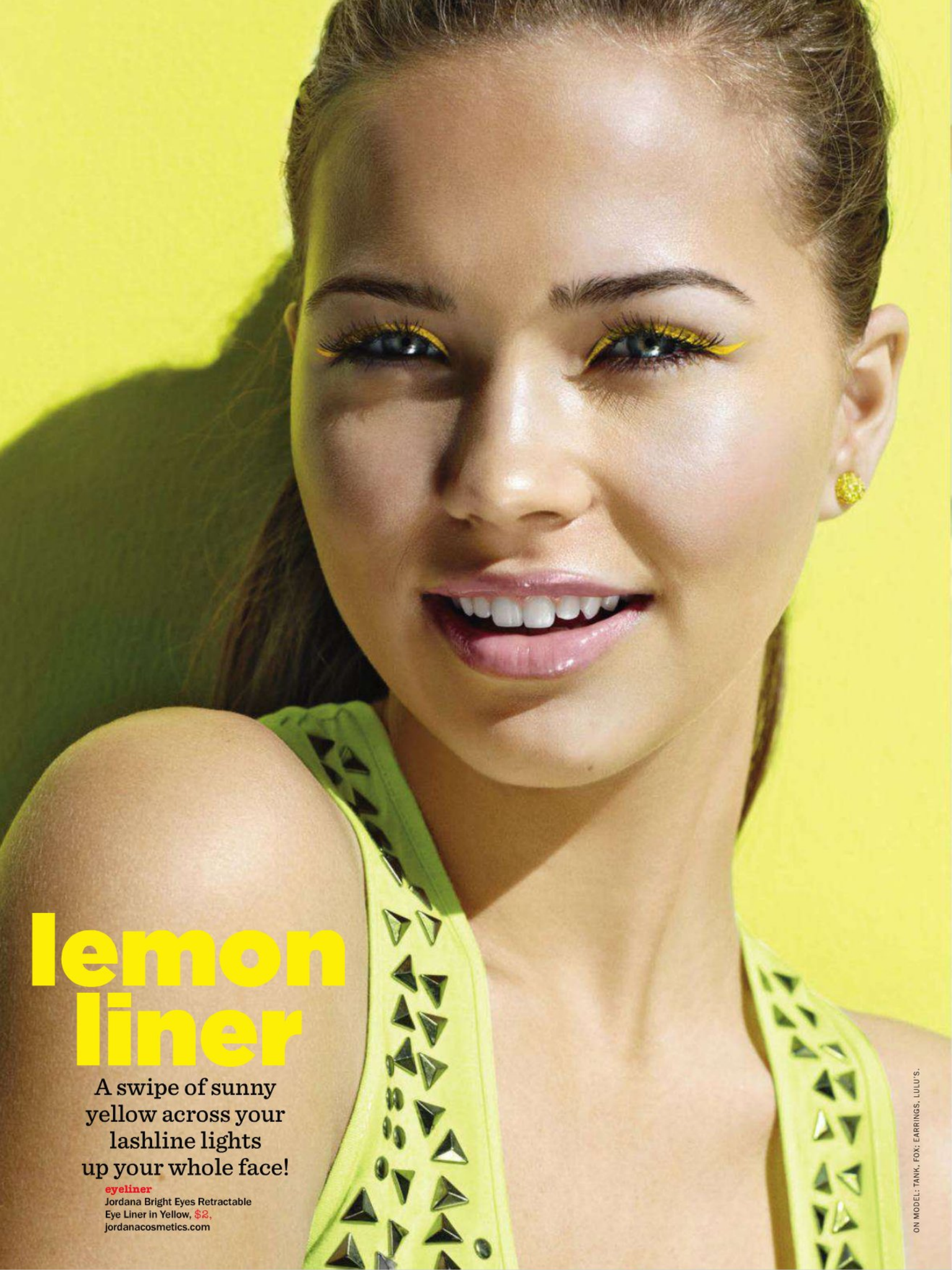
Curls just want to have fun—so trade your flat-iron for texturizing spray and a teasing comb!

**texturizing spray**
Garnier Wonder Waves Wave-Enhancing Spray, $4, drugstores.

**teasing comb**
Conair Soft Comfort Grip Rattail Comb, $3, drugstores.

ON MODEL: BIKINI TOP, BECCA BY REBECCA VIRTUE; NECKLACE, LENORA DAME.

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# lemon liner

A swipe of sunny yellow across your lashline lights up your whole face!

**eyeliner**
Jordana Bright Eyes Retractable Eye Liner in Yellow, $2, jordanacosmetics.com

ON MODEL: TANK, FOX; EARRINGS, LULU'S.



# sheer tank

Give your look a little air—let your suit purposely peek through this featherlight top.

**tank**
Sizes XXS–XXL, Aerie, $30, aerie.com.
**swimsuit**
Sizes XS–L, O'Neill, $68, shoponeillusa.com.
**bracelets**
On right arm: Ettika, $24 each, ettika.com. On left arm: Stoney Clover Lane, $100 for set of five, stoneyclover.com.

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# crop top

This slouchy shape is short on top but long on style!



**top**
Sizes S–L, Material Girl, $22, Macy's.
**bikini**
Sizes XS–L, Tavik Swimwear, $68, freepeople.com.
**bracelets**
From elbow to wrist: Blue bangle, M. Haskell, $20 for set of three, Macy's; fuchsia-and-gold bracelet, Sequin, $48, sequin-nyc.com; gold bracelet, Rosena Sammi, $45, rosenasammi.com.

**top**
Sizes S–L, Billabong, $36, billabong.com.
**bikini**
Sizes S–L, Raisins, $34 each piece, macys.com.
**necklace**
Lulu's, $29, lulus.com.
**bracelets**
M. Haskell, $18 for set of 14, call 212-764-3332 to order.



**top**
Sizes XS–XL, Material Girl, $22, Macy's.
**bikini**
Sizes S–L, Raisins, $34 each piece, ronjons.com.
**bracelets**
From elbow to wrist: Red bangle, Lenora Dame, $36, lenoradame.com; multicolor bangles, M. Haskell, $20 for set of five, Macy's; silver bangle, Lulu's, $19, lulus.com.

www.downmagaz.com



# printed leggings

Leggings aren't just for cooler weather. In a colorful print, they're begging for a little sun.

**leggings**
Sizes XS–XL, DC, $34, dcshoes.com.
**bikini top**
Sizes XS–L, Tavik Swimwear, $68, freepeople.com.
**hat**
Nobis, $50, nobis.ca.
**bracelet**
Jessica Simpson Collection, $85, select Dillard's.
**sandals**
Sizes 6½–10, Make Me Chic, $9, makemechic.com.



# metallic lime nails

Add some zest to your spring look—brush on a coat of shimmery light green polish.

**nail polish**
Zoya Nail Polish in Tangy, $8, zoya.com.

ON MODEL: SHIRT, BILLABONG; EARRINGS, LULU'S.



www.downmagaz.com



# chiffon hair tie

Give your look a little twist—loop a piece of bright fabric into your bun!

**hair tie**
L. Erickson USA 1½" Silk Scarf in Buttercup, $24, franceluxe. com

ON MODEL: TANK, AEROPOSTALE.; NECKLACE, LENORA DAME.



# micro minidress

Long story short: A super-cute minidress is the ultimate flirty staple.

**dress**
Sizes 2–10, Insight, $55, swell.com.

**bracelets**
Blue bangle, $10, and metal bangles, $18 for set of five, all M. Haskell, call 212-764-3332 to order; orange watch, Converse, $75, converse.com; blue and pink bracelets, Stoney Clover Lane, $25 each, stoneyclover.com; yellow watch, Rumba, $20, rumbatime.com.

**tote**
Roxy, $42, roxy.com.

**sandals**
Sizes 5–10, Sperry Top-Sider, $60, sperrytopsider.com.

www.downmagaz.com



# aqua shadow

Dive into the deep blue—add a wash of ocean-colored shadow from your lashline to the crease.

**eyeshadow**
L'Oréal Paris Studio Secrets Professional Eye Shadow Single in Reflecting Pool, $5, drugstores.

ON MODEL: TOP, BOBI; HAT, RIPCURL.


www.downmagaz.com



**shorts**
Sizes S–L, Billabong, $32, billabong.com.
**t-shirt**
Sizes XXS–XXL, Aerie, $20, aerie.com.
**sunglasses**
Foster Grant, $15, Walgreens stores.
**necklace**
M. Haskell, $24, Macy's.
**watch**
TKO, $50, tkowatches.com.

# printed board shorts

All a-*board*! Steal some surfer style with shorts in a funky pattern.



# coral lips

For lips that are peachy *and* beachy, you can't beat a kiss of matte coral.

**lipstick**
MAC Cosmetics Lipstick in Morange, $15, maccosmetics.com

ON MODEL: TOP, KIRRA; BLUE BANGLE, M. HASKELL; PINK BANGLE, SEQUIN; GOLD BANGLES, ROSENA SAMMI.

www.downmagaz.com



**necklaces**
Gold spike necklace, Bombay Fashions, $15, bombayfashions.com; silver shield necklace, Lulu's, $17, lulus.com; wooden bead necklace, Lulu's, $9, lulus.com; large brown stone necklace, Jones NY, $70, 800-578-4552.
**t-shirt**
Sizes XXS–XXL, Aerie, $20, aerie.com.
**jeans**
Sizes 24–31, M2F Brand Denims, $84, estreetdenim.com.
**belt**
AMI Clubwear, $13, amiclubwear.com.

# tribal necklaces

An endless pile of beads (mix skinny strands with jumbo ones) gives your look a boho world-traveler feel.



# big bags

Bright enough to pack a punch—roomy enough to pack everything else!

**bags**
Straw rainbow clutch, Vans, $26, vans.com; tie-dye cross-body bag, O'Neill, $34, shoponeillusa.com; straw bag with handle, Vans, $35, vans.com; striped canvas bag, Old Navy, $17, oldnavy.com; brown straw bag, O'Neill, $36, shoponeillusa.com.

**bustier**
Sizes S–L, Fire LA, $29, firela.com.

**bikini bottoms**
Sizes S–L, Smoothies by Gossip, $20, gossipswim.com.

**earrings**
Lulu's, $11, lulus.com.

**sandals**
Sizes 6½–10, Make Me Chic, $25, makemechic.com.



Fashion Stylist: Leanne Ford at Leanneford.com. Hair: David Cruz for Redken/Cutler NYC at Raybrownpro.com. Makeup: Kyriaki Savrani for Dior at Factory Downtown.



jake gyllenhaal & taylor swift

# 9 YEARS OLDER!

**She's 21; he's 30. Is that why their relationship flamed out so fast?**

SWIFT AND GYLLENHAAL: SWARBRICK/INFPHOTO.



# HOW OLD IS *TOO* OLD?

**Your new guy is amazing, thoughtful, smart—and *older.* When it comes to dating, is age really just a number?** BY MEGHANN FOYE

At first, you can't believe it when the hot older guy you met through work makes a cute comment on your Facebook page—it feels cooler and more special than flirting with a guy your age. And when you hang out, it's like a whole new world has opened up that you never knew existed. He can drive anywhere he wants at 2 A.M., he has enough cash to take you to a real restaurant instead of just for pizza, and when you talk to him about your life, he actually gets it and has deep advice. It's the first time you've felt like a guy is really on your level—and it feels right, no matter what anyone else says about your age difference. But while it's exciting to unravel the mystery of a guy who's old enough to have his own story, some girls say there is a significant downside to dating someone older, who has relationship baggage and the kind of real-life problems his parents can't bail him out of. Plus, there can be expectations for sex, conversations about marriage, or even day-to-day weirdness when he acts like he knows more than you do. So before you find yourself in over your head, read on to find out the real deal about that older guy.



www.downmagaz.com

# WHY ARE OLDER GUYS SO INTRIGUING?

**It's more than his car and his extra cash. There are deeper reasons why you can't stop crushing.**

- **He's confident.** He has more experience—and it shows. Instead of fumbling around like guys your age, he's so smooth—he asks you out on dates, he takes care of the planning, and he picks you up. It's nice to feel like you don't have to worry about anything.

- **He's got a new routine.** Instead of playing video games in the basement like the guys you grew up with, he's doing things your parents would bristle at—like going to college parties, getting into bars, or moving into his own place. It's like he's your glimpse into the next stage of your life, and it's exciting!

- **He makes you feel special.** Be honest: It's a huge ego boost to know that after he's dated so many girls—even *older* girls—he's choosing to spend his time with *you*. And you feel cool every time you tell your friends that you're in a more "serious" relationship, too.

- **He's safe.** College, a job, adulthood—your life is a big unknown. But he has a little bit more figured out. You can't help but think about how easy it would be to fit yourself into his life, rather than toughing it out on your own.

## "he inspires me"

"My boyfriend is nine years older than I am. He has been in the military and is now finishing college and looking for a job in criminal justice. The fact that he's so goal-oriented pushes me to go after *my* dream of becoming an accountant. He's the first to support me and he even plans our dates around making sure I have enough time to study. (My ex used to ask me to blow off school!) Dating a guy who has gone after what he wants encourages me to think about what I want, every day."

–BRITNEY, 20, EAST JORDAN, MI

## "he outgrew me"

"I met Josh when I was in high school and he was in college, and we clicked right away—we could debate about sports and music for hours! But eventually Josh got stressed about finding a job, while I just wanted to finish high school. I started to get jealous of the nights he'd spend at the club without me, and of the money he'd blow on partying instead of on gas so he could drive to see me. The shared interests we had mattered less and less—our age difference meant we had different goals."

–DAKOTA, 18, LESLIE, MI

# "I DATED UP!"

**Readers talk about the lessons they learned about dating someone older.**

## "he bullied me"

"We officially started dating when I was 14 and he was 18, and at first, he was a total romantic—we'd eat at fancy restaurants and take walks through the park. But when we fought, he'd use my age against me, saying I was 'emotional' or that my body wasn't as hot as girls his age. It was my first relationship, so I thought your BF was supposed to give you 'feedback.' But I finally realized how controlling he was and got out. Don't assume that because a guy is older, everything he says is the law."

–JENNIFER, 16, WACO, TX



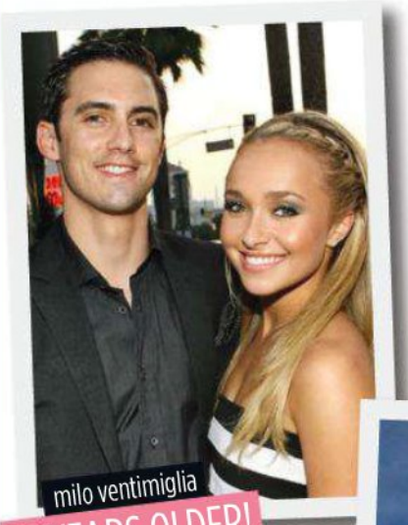

JAY-Z AND BEYONCÉ: JERRITT CLARK/WIRE IMAGE. GREEN AND FOX: FRANK MICELOTTA/GETTY IMAGES. HOUGH AND SEACREST: NOEL VASQUEZ/GETTY IMAGES.

# IS HE TOO OLD?

**More mature is one thing—but if he has several years on you, it can create drama. Watch out for these warning signs.**

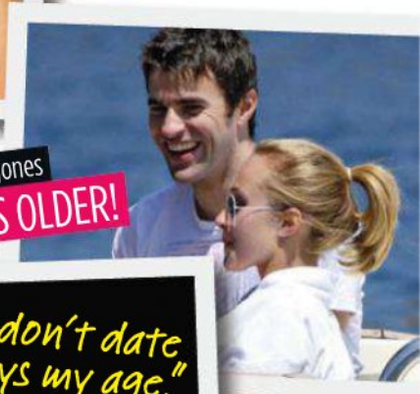
- ☒ It's **awkward** to mix your friend groups, so you often hang out one-on-one.
- ☒ You feel pressure to wear certain things or act a certain way to **seem older.**
- ☒ You avoid telling people **how old he is**—except for when you can't help bragging about it to your friends!
- ☒ You **hold back details** of your day-to-day life (i.e., you're drowning in homework!) because they suddenly seem lame.
- ☒ He expects your relationship to **move faster** than you're used to—like having sex, moving in, or even getting married.

# THE OLDER DUDE PATTERN



milo ventimiglia
12 YEARS OLDER!

**Most girls don't seek out an older guy on purpose—you just happened to meet one you really clicked with. But for Hayden Panettiere, *all* her BFs have topped her by a decade. Hey, at least the girl knows her type!**



steve jones
13 YEARS OLDER!




wladimir klitschko
13 YEARS OLDER!

# THE *REAL* REASON HE COULD BE INTO YOU:

All your friends and family are **curious** about what dating an older guy says about you—but what does it say about *him*? It's possible he's had a tough time making the transition to **adult life** (like maybe college wasn't right for him, or he's had trouble finding a full-time job) so he feels more **comfortable** around you than girls his age. But a good guy will never use his "experience" as an excuse to boss you around or **pressure** you sexually. That's sketchy for any guy, no matter his age.

# age up your bf

**Dating someone you *wish* acted a little older? Here's how to get your guy to quit it with the fart jokes.**

### • Plan some alone times

When you're always hanging out in groups, your guy will default to the *Jackass*-style humor that cracks up his friends. But when the only person he has to impress is *you,* he'll tap into his more romantic side.

### • Upgrade date night

Check out a local coffee shop or concert or see one of the movies playing at the indie theater. Trading high school parties for a more mature scene will make you *both* act a little differently.

### • Tackle the big stuff

Instead of talking about the normal high school goss, ask him big questions like, "What's your dream school to get into?" Prompting deeper conversations will open up a new side of him.

**17 EXPERTS: Kris Gowen, Ph.D., Ed.M.,** Research and Training Center on Family Support and Children's Mental Health Regional Research Institute; **Bethany Marshall, Ph.D., Psy.D., L.M.F.T.,** author of *Deal Breakers: When to Work on a Relationship and When to Walk Away* (Simon Spotlight, 2007); **Amir Levine, M.D.,** an adult, child, and adolescent psychiatrist and neuroscientist, and coauthor of *Attached: The New Science of Adult Attachment and How it Can Help You Find—and Keep—Love* (Penguin Group, 2011); **Belisa Vranich, Psy.D.,** clinical psychologist and author of *Boys Lie: How Not to Get Played* (HCI Teens, 2010).



PANETTIERE AND VENTIMIGLIA: JOHN SHEARER/WIREIMAGE. PANETTIERE AND JONES: BAUERGRIFFINONLINE. PANETTIERE AND KLITSCHKO: DOME/PACIFIC COAST NEWS.

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BY MEREDITH GRAY PHOTOGRAPHS BY FERNANDO MILANI

# naturally PRETTY

**You're already a natural beauty—these good-for-you products just add the finishing touch.**

## HAIR

### SEAL OUT FRIZZ

**The sunflower and olive oils in this shampoo keep your hair smooth and frizz-free for days—without looking flat or greasy!**

**try:** L'Oréal Paris EverSleek Sulfate-Free Intense Smoothing Shampoo, $7, drugstores

### BRIGHTEN COLOR

**Your hair will have tons of shine after you finish styling, thanks to a special vegetable protein in this hairspray that repairs damage from the inside out.**

**try:** Pureology Colour Stylist Strengthening Control Zero Dulling Hairspray, $24, pureology.com for salons

### HEAL DAMAGE

**Make your hair look like it's never been scorched by a styling tool. This conditioner uses the ultra-hydrating oil from the ojon nut to repair roughed-up strands and build resistance against future breakage.**

**try:** Ojon Damage Reverse Restorative Conditioner, $25, Sephora stores

### BOOST VOLUME

**This cool foaming styling mousse nourishes each strand with Amazon acai berries and babassu oil.**

**try:** Privé Concept Vert Volumizing Froth, $24, priveproducts.com

### GROW IT LONG

**With the round-tipped pins on this brush, you'll feel like you're getting an amazing scalp massage as you style! Bonus: It's made from all-natural bamboo, a renewable resource.**

**try:** The Body Shop Bamboo Large Oval Cushioned Wooden Pin Brush, $10, thebodyshop-usa.com

### 17 FYI

Many hair treatments contain silicones, which weigh hair down. Look for products with **nourishing oils,** like avocado and apricot, instead—they add moisture without flattening your texture.

LEAF: RTIMAGES/ALAMY.

www.downmagaz.com

# MAKEUP



## ADD SHIMMER

**Mineral formulas are extra gentle on the delicate eye area, and they make shadow shades look even more intense. A little swipe is all you need to make eyes pop!**

**try:** Jane Iredale Eye Steppes in GoGreen, $56, shop.janeiredale.com

## 17 FYI

Some natural products have a short shelf life. If yours changes texture or develops a funky smell, toss it!




## PERFECT SKIN

**Protect your skin from sun and environmental damage with this tinted moisturizer—it contains vanilla extract, which is high in antioxidants.**

**try:** Korres Watermelon Lightweight Tinted Moisturiser SPF 30, $28, Sephora stores




## GO GLOSSY

**Your lips will sparkle *and* tingle with this fun crayon—it contains peppermint oil, so it always feels fresh and cool when you reapply.**

**try:** Tarte LipSurgence Natural Lip Luster in Glisten, $24, Sephora stores




## LOOK ROSY

**Fruit pigments give this cheek tint its perfectly ripe color—so your skin will look *and* smell yummy when you put it on!**

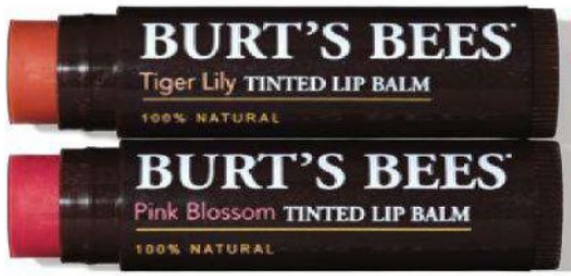
**try:** 100% Pure Fruit Pigment Lip & Cheek Tint in Sugar Plum, $15, 100percentpure.com




## GLOW DAILY

**Calm breakouts and get a bronzy shimmer, all in one step! This highlighter contains argan oil, which soothes skin and leaves a dewy finish.**

**try:** Josie Maran Argan Illuminizer, $28, Sephora stores




## GET A TINT

**When you want just a hint of color, smooth on one of these tinted balms. They also contain sweet-smelling jasmine to hydrate dry lips.**

**try:** Burt's Bees Tinted Lip Balms in Tiger Lily and Pink Blossom, $7 each, drugstores

ON MODEL: (THIS PAGE) DRESS, TOPSHOP; (OPPOSITE PAGE) TANK, LINE AND DOT. STILL LIFES: (LEAF, THIS PAGE) MICHAEL WESEMANN/ALAMY; (LEAF, OPPOSITE PAGE) CHRIS HACKETT/GETTY IMAGES. 17 EXPERTS: KEVIN MURPHY, STYLIST AND FOUNDER OF KEVIN.MURPHY; SUSIE WANG, MAKEUP FORMULATOR FOR 100% PURE COSMETICS; TAMMY FENDER, FOUNDER/OWNER OF TAMMY FENDER HOLISTIC SKINCARE AND SPA; CELESTE LUTRATIO, VICE PRESIDENT OF GLOBAL RESEARCH AND DEVELOPMENT AT BURT'S BEES.

# 17 FYI

For a totally natural way to zap a zit, mash three **aspirin,** a teaspoon of honey, and a few drops of warm water into a paste, and apply it as a spot treatment.




## HYDRATE SKIN

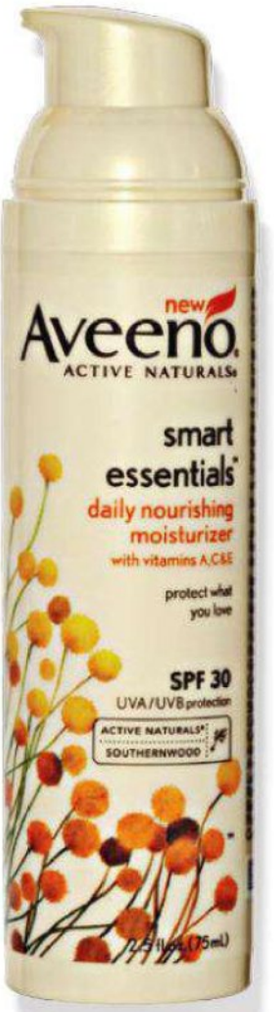
**By slathering your face with this vitamin-packed moisturizer, you're blocking out damaging pollutants while drawing more water into your skin, making it extra soft.**

**try:** Aveeno Smart Essentials Daily Nourishing Moisturizer with SPF 30, $15, drugstores

## BRIGHTEN UP

**Even out your skin tone with this yummy toner—it's packed with licorice and strawberries, which lighten dark spots.**

**try:** 100% Pure Brightening Tonique, $19, 100percentpure.com







## ZAP ZITS

**This soothing roller ball brings down swollen pimples and reduces redness with a blend of ginger root and tea tree oil.**

**try:** Yes to Tomatoes Clear Skin Spot Stick, $10, yestocarrots.com

# SKIN






## STAY MATTE

**When your skin is feeling extra slick, the willow bark extract in this lotion will keep pores clear.**

**try:** Alba Botanica Natural AcneDote Oil Control Lotion, $15, Target stores



## GET CLEAR

**This soap is free of all fragrances and harsh chemicals that could possibly irritate sensitive skin.**

**try:** Neutrogena Naturals Face and Body Bar, $5 each, drugstores

Fashion Stylist: Annebet Duvall.
Hair: Johnny Lavoy at Ford Artists for L'Oréal Paris.
Makeup: Kyriaki Savrani for Dior at Factory Downtown.
Manicure: Deana Blackwell at Artists by Next.
Beauty Still Lifes: J Muckle/Studio D.



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**LAST YEAR**

**At least four spring breakers fell from hotel balconies—**
**and two died from their injuries.**

SOURCE: PANAMA CITY'S NEWSHERALD.COM

MAIN PHOTO: AP PHOTO/*THE NEWS HERALD*, TERRY BARNER.

# THE SKETCHIEST SPRING BREAK IN AMERICA!






**Every year, hundreds of thousands of students flood Panama City Beach, Florida, to go wild during spring break. But what starts out as crazy fun can quickly turn disgusting, degrading, and dangerous.** BY CLAUDINE KO

For most of the year, Panama City Beach (PCB), Florida, is a peaceful Gulf Coast town with 27 miles of gorgeous beachfront. But for six weeks every March and April, it transforms into the wildest party in the country. Nearly a half-million sun-starved high school and college students pack themselves like tanning oil–covered sardines onto the beaches and into hotels and clubs. But while many imagine a fun week of partying, sunning, and making new Facebook friends, what they don't expect is the grimy reality. "The beach is covered with trash, people pee in public, and the water in my hotel's hot tub was dark brown with weird stuff floating in it. I'm sure someone puked in it," says Lisa, 20, who went to PCB last year.

For some, an anything-can-happen atmosphere is part of the allure. But when nothing is off limits, it's all too easy for fun to go wrong. Patients roll into PCB's two emergency rooms 24/7 on a daily basis, suffering from severe sunburns, drug overdoses, and balcony falls. And the Salvation Army Domestic Violence & Rape Crisis Program in PCB sees more sexual assaults during March and April than they do for *the entire year*. Normally, they get one or two calls a week, but during spring break, they've gotten as many as six calls in one night! Sometimes skeevy hotels and oily guys can make for a hilarious story to tell friends, but if the story ends with being humiliated, injured, or raped—it's suddenly not so funny.



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**gross games** Some girls get soaked until their shirts are see-through for prizes.

## SLEAZY GUYS

Even in broad daylight, there's a hypersexual hookup scene along "the Strip" in PCB. Guys lean out of their car windows along the main drag, shouting at girls to hop in and tossing beads at them if they flash their breasts.

Tuesday, 18, was shocked—and kind of flattered—the first time she walked the Strip. "I'd never gotten that kind of attention from anyone before," she says. "It made me feel alive." And while that might seem fun at first, the guys aren't always hot or even young. "Once I got hit on at a pool by a 40-year-old man," says Rachel, 16, who has been to PCB for spring break multiple times. "I love meeting new guys, but he was old enough to be my dad! Gross."

All that flirtatious energy can turn a night out into a sexual land mine. Tuesday and her friend Chloe, now 18, quickly found themselves in a scary situation. Lured by a cute guy, Mike*, they ended up in a hotel room with eight guys they didn't know. After Mike poured each girl a shot, they asked for a couple more. "We didn't want to look like wusses," says Tuesday. But as everyone got drunker, things got out of hand. Some of the guys threw condoms at them, laughing, and asking why they hadn't started putting out yet. "I said I had a boyfriend," says Tuesday. "One guy shot back, 'It's not cheating, it's Panama City. . . . I promise, baby girl, no one has to know.' " Tuesday was starting to get nervous—knowing in her gut these guys were bad news.

**"IT'S NOT CHEATING, IT'S PANAMA CITY."**
**–A SKETCHY GUY**

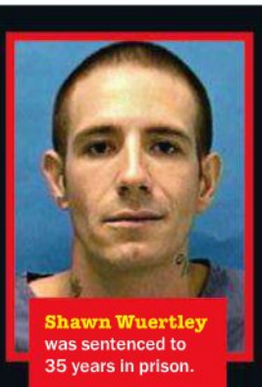
Then one of the guys asked Chloe to step onto the balcony. He locked her outside—possibly so he could be alone with Tuesday—and Chloe freaked out. Tuesday managed to free Chloe and they ran away. "We were so upset. Now we have a code word we use. When a situation is sketchy, we say *space jelly*. That's our cue to go," says Tuesday.

## DISGUSTING SURROUNDINGS

Everyone needs some time off after midterms, but sometimes spring break can be more stressful than school. Even though her older sister had warned her about how nasty it could be, Ana*, 19, had no idea how bad it really was. One of the grossest experiences she had was going to a foam party at a club. "I thought it'd be fun, but the foam was so dirty from everyone's sweat. We were shoulder-to-shoulder with drunks, and the guys were too hands-y and wouldn't back off. I lost my friends in the foam a few times. I was scared that the guys would try to take advantage of me."

And nothing—not even piles of foam or miles of ocean—is going to prevent you from seeing things you *really* don't want to. Rachel went out for a swim and caught a couple having sex in the Gulf of Mexico. "It was the middle of the day! I couldn't believe it," she says. But it's not just the public hookups that have to be avoided—there





**Shawn Wuertley** was sentenced to 35 years in prison.

## THE ULTIMATE HORROR STORY

During a recent spring break in PCB, an 18-year-old student from The University of Alabama was walking alone through her hotel's hallway when a security guard, Shawn Wuertley, pushed her into an empty room, **raped her—and then tried to strangle her to death.** She eventually escaped the room, but he attacked her again, throwing her off an indoor balcony from the sixth floor. She hit an overhang and landed in a stairwell. Miraculously she survived, and Wuertley went to prison. So it's not just other partiers that you have to look out for—PCB attracts all sorts of dangerous guys who are on the hunt for vulnerable girls.

*Names have been changed.



MAIN PHOTO: STEVE BRAHMS AT GOLD TEETH & CO. INSET: KITTY ETHRIDGE.

are also public brawls. "Guys get drunk and jealous at clubs," says Kimberly, 18, who goes to PCB for spring break every year. "Fights break out if some guy looks at another guy's girl the wrong way. It's so stupid, and it can get out of hand really fast."

## DRUNKEN HUMILIATION

When you're partying, it may seem like a good idea to do stuff you might not normally do. Lisa, 20, was shocked when she went to PCB over spring break and saw a banana-eating contest. It's where a guy puts a banana between his legs and a girl has to eat it without using her hands—so it looks like she's performing oral sex. The girl who eats it the fastest wins a prize. "It was super-sexual, and maybe I'm sensitive to that stuff, but I felt really awkward," says Lisa. "The girls going onstage were completely hammered."

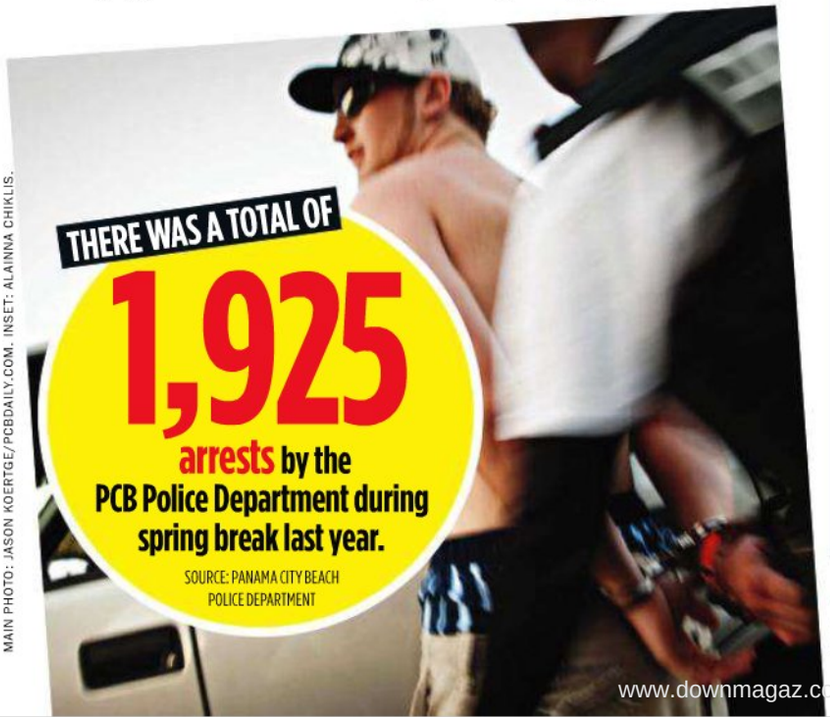
With the music, crowds, and gallons of alcohol, PCB can feel like a dream world where there are no consequences. Once on the crowded beach, Laura,* 18, got so drunk that she started making out with a random guy who took her top off. Nearby, a group of partiers filmed her sloppy kiss before her friend could stop them. Later, she saw the video on YouTube and was completely mortified. Luckily, Laura was able to persuade the guy to pull it down. But not before it had been viewed hundreds of times.

## SO IS IT WORTH IT?

With all this scary stuff, you have to wonder why girls keep going back. "It's impossible to be bored—there's glow-in-the-dark mini golf, Jet Skiing, and go-kart racing," says Tuesday. "But you can't be naive about the parties and alcohol." Kimberly agrees. "Spring break can be a great escape, but I've learned my lesson and now I leave the scene by 1:30 A.M.—that's when the craziest people come out. The bottom line is, if you're going to go, you have to know what you're getting yourself into."



**crazy crowds** Crowds can get out of control fast, like at this Lil Wayne show in 2009, where there was a near-riot.



**THERE WAS A TOTAL OF 1,925 arrests by the PCB Police Department during spring break last year.**

SOURCE: PANAMA CITY BEACH POLICE DEPARTMENT

MAIN PHOTO: JASON KOERTGE/PCBDAILY.COM. INSET: ALAINNA CHIKLIS.

## STAY SAFE!

**No matter where you go for spring break, keep these tips in mind.**

☑ **USE THE BUDDY SYSTEM** Always have your friend's back, and make sure she has yours—especially at night. So travel in pairs, and never let a friend go off with a sleazy guy alone—no matter how much she's into him.

☑ **READ HOTEL REVIEWS** Before you pick a place to crash, check out online customer reviews on sites like tripadvisor.com to avoid dumpy rooms.

☑ **DON'T RELY ON YOUR PHONE** Cell service on the beach is spotty, and in huge crowds, phones can get lost or stolen. Keep a paper copy of important numbers—like your friends' and a cab company's—in your purse or pocket.

**17 EXPERTS: Panama City Beach Police Department; Gulf Coast Medical Center; Bay Medical hospital; Robert D. Sale, J.D.,** an assistant state attorney in Florida.



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# TRAUMARAMA!

***Everyone* has had humiliating moments.**

## stalled out

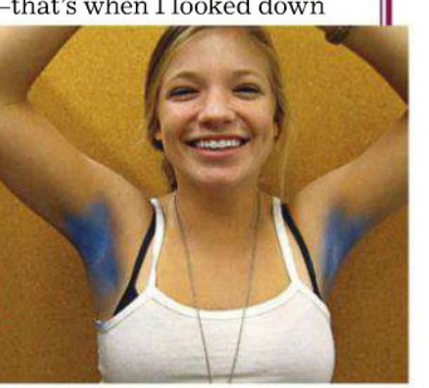
"I ran to the bathroom while my date bought us movie tickets. After I finished, the stall door got stuck shut, and it was too low to duck under! I had to *scale the wall* to get out. When I finally exited (huffing and red!), he was waiting and asked me if I'd had a 'rough' time in there. All I could think of to say was yes!"

## dinner 4 two

"I wanted to make a good impression on my new male suitemate (hey, it's a liberal college!), so I texted him to ask if he wanted some Chinese takeout that night. I realized later that I'd written 'Chinese *makeout*'—not 'takeout.' FYI, I'm Chinese."

## BLUE STREAK

"I bought a brand-new **indigo** sweatshirt and wore it to school the next day. Around noon, it was hot, so I took it off. People were calling me **Smurf** as I walked down the hall—that's when I looked down and noticed my armpits were dyed **bright** blue. This is the true meaning of *pit stain*!"

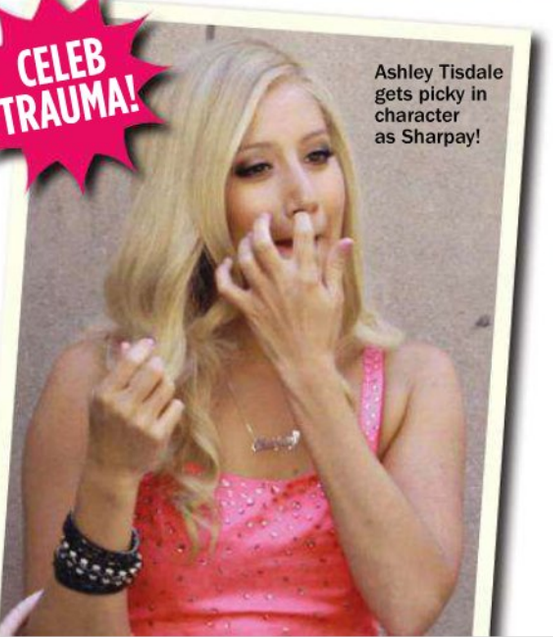


## vom-a-thon




"My older sister took me to Six Flags for my Sweet 16 this year. I'm scared of heights, but I didn't want to seem immature, so I went on the Viper upside-down roller coaster with her. When we were midair, some guy puked, and it landed all over me! I cried like a baby."

CELEB TRAUMA!



Ashley Tisdale gets picky in character as Sharpay!

MAIN PHOTO: NICK ONKEN. (MODEL USED FOR ILLUSTRATIVE PURPOSES ONLY.) TISDALE: JOHN K/TODD G/SPLASH NEWS. ROLLER COASTER: RICHARD NOWITZ/GETTY IMAGES.



## BUTT-STED

"I took a **day trip** with friends to a cabin. We went swimming, and after I got dressed, I saw that my bathing suit had left a huge wet spot on my **butt**! I borrowed a blow-dryer for my 'hair' . . . but forgot to lock the bathroom **door.** I had some pretty **awkward** explaining to do after they snapped this photo!"

## crushed

"My BFF and I decided to share our biggest secrets with each other. Mine: I had a crush on our guy friend. Hers: She was hooking up with him!"

## off the deep end

"I was texting while cleaning my family's pool, which had been really dirty. I wrote to my crush: 'Yay! My pool isn't green anymore!' When he responded with '.....?' I looked at my history and discovered that I'd actually written: 'Yay! My poop isn't green anymore!' No more flirtexting for me."

## what? no kiss goodnight?

"I was on a first date, and 10 minutes in I secretly texted my friend: 'OMG, he's the *worst.* Can this date end soon?' After I hit send, I realized I had sent it to the *guy.* He clearly hadn't seen it, because the date went on for two more hours. When we finally got up to leave, I asked to see his phone so I could delete the text on the sly, but he was already clicking through his messages! He looked at me, horrified, then mumbled a fast goodbye. The worst part is that by the end of the date, I had started to like him!"

## SCORE A $500 SHOPPING SPREE!

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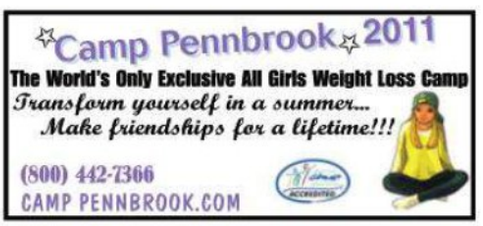
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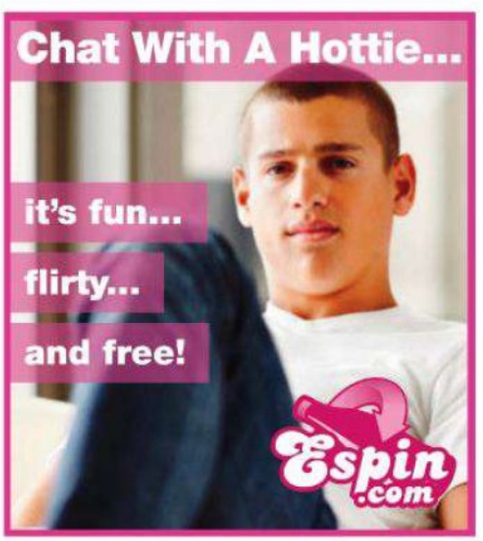

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## Giveaway Rules

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**HOW TO PARTICIPATE IN THE HD ADVANCED LIP COLOR GIVEAWAY** (page 28): Starting February 8, 2011 at 12:01 A.M. ET, go to **seventeen.com/milani** and enter the code "kiss" on the entry form to receive one (1) free Milani HD Advanced Lip Color. Approximate retail value: $8. Ten thousand (10,000) will be given away. One per person. Giveaway ends March 14, 2011 at 11:59 P.M. ET. While supplies last.

## Contests

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**HOW TO ENTER THE PRETTY AMAZING COVER CONTEST** (page 36): **NO PURCHASE NECESSARY TO ENTER OR WIN.** Sponsored by Hearst Communications, Inc. Beginning February 1, 2011, at 12:01 A.M. ET, through April 30, 2011, at 11:59 P.M. ET, go to **seventeen.com/prettyamazing** and complete and submit the entry form pursuant to the on-screen instructions. Entrant must supply an essay describing why she is "Pretty Amazing," no greater than 1,000 characters, along with two (2) photos of herself. Prizes and approximate retail values: One (1) grand-prize winner will receive a $10,000 scholarship awarded in the form of a check, and an opportunity to appear on a cover of *Seventeen;* five (5) finalists (including the grand-prize winner) will receive a trip for two (2) to New York City that includes round-trip coach flights from major airport nearest finalists' residence and four- (4) night hotel stay (single room, double occupancy; approximate retail value: $4,750 each). Total approximate retail value of all prizes awarded: $33,750. Must be a female between the ages of 15–22 and a legal resident of the 50 United States, District of Columbia, Puerto Rico, or Canada. Void in the Province of Quebec, and where prohibited by law. Contest is subject to complete Official Rules available at **seventeen.com/prettyamazing**.

## Sweepstakes Rules

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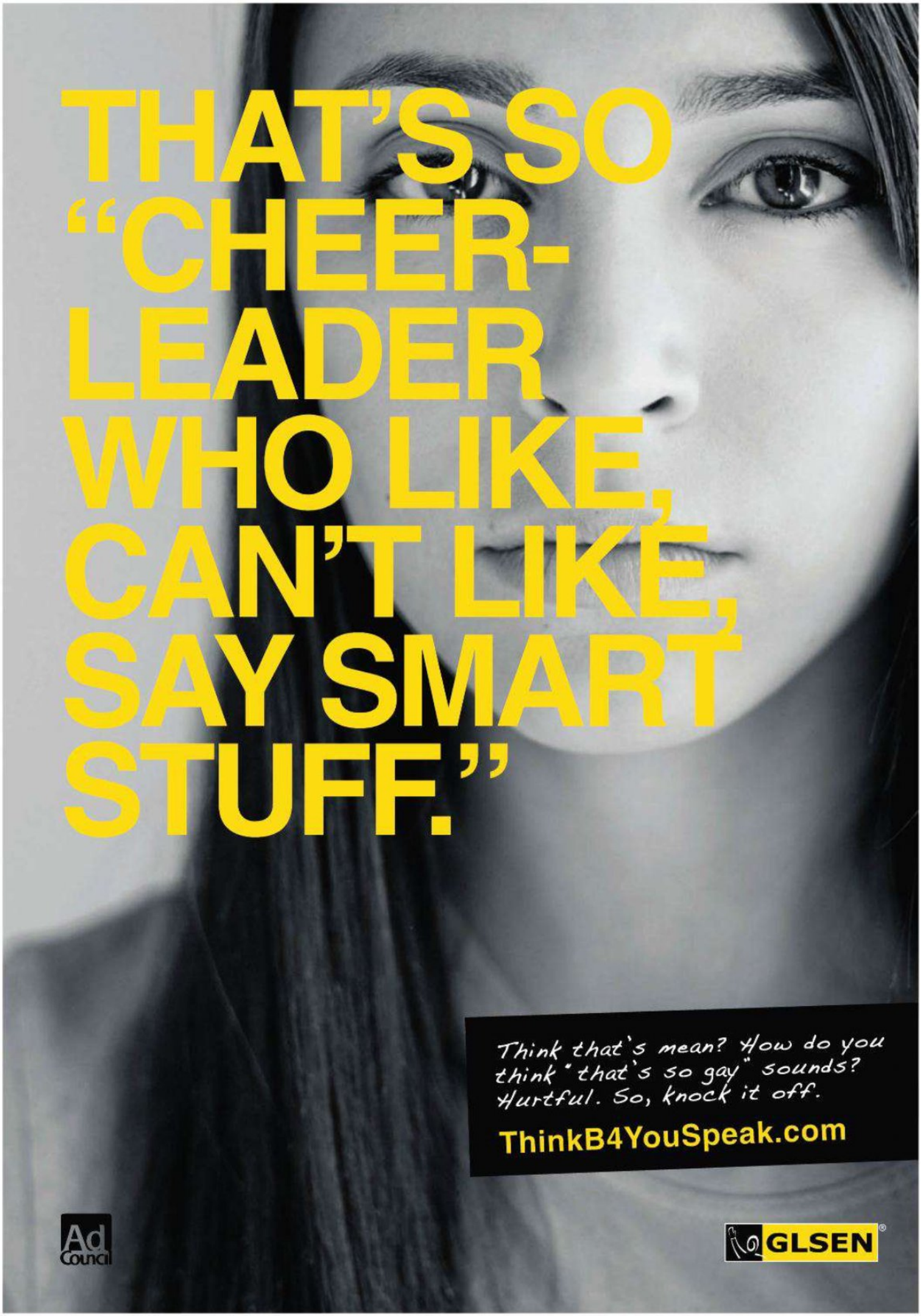
**HOW TO ENTER THE MARCH DAILY FREEBIES** (page 20): Complete and submit the online entry form at **seventeen.com/freebies** beginning at 12:01 A.M. ET, March 1, 2011, through 11:59 P.M. ET, March 31, 2011. Daily sweepstakes will be held each day starting at 12:00 A.M. ET and ending at 11:59 P.M. ET each day for 31 days. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

**HOW TO ENTER THE MARCH ALL ACCESS SWEEPSTAKES** (page 114): Go to **seventeen.com/freebies** to enter, beginning at 12:01 A.M. ET, February 1, 2011, through 11:59 P.M. ET, March 14, 2011. One (1) winner will win the following prizes: a pair of shorts (approximate retail value: $25), a pair of sneakers (approximate retail value: $85), a tank top (approximate retail value: $25), a sports bra (approximate retail value: $40), a shirt (approximate retail value: $45), and a gym bag (approximate retail value: $85) from Nike. Total approximate retail value for all prizes awarded: $305. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

**HOW TO ENTER THE TEEN READER FEEDBACK SWEEPSTAKES** (page 176): Go to **survey.seventeen.com** and complete and submit the entry form pursuant to the on-screen instructions beginning at 12:01 A.M. ET, January 1, 2011, through 11:59 P.M. ET, December 31, 2011. One (1) winner will receive a $500 American Express Gift Card, and five (5) winners will receive a $100 American Express Gift Card. Sweepstakes subject to complete Official Rules available at **survey.seventeen.com**.

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# PISCES

## MARCH HOROSCOPES

by sally brompton

### pisces

**Feb 19–Mar 20**

Now that spring is here, it's time for love, Pisces! Your flirting powers will be strong around the 27th, when romance planet Venus moves into your sign. You'll meet a hot new guy who is immediately taken with your dreamy nature. You guys are *so* made for each other!

### aries

**Mar 21–Apr 19**

Your group can't stop fighting over what to do after your prom, so it's up to you, Ms. Decisive Aries, to iron out the drama. With Uranus, the planet of ideas, in your sign on the 12th, you'll come up with totally original plans. A few girls might need persuading, but you'll win them over.

### taurus

**Apr 20–May 20**

Around the 19th, an ex will send you a majorly flirty text out of the blue, and you'll be surprised by how tempted you feel to text him back. (You thought you were over him!) Before you hit reply, ask a pal to remind you why it didn't work out with him the first time around.

### gemini

**May 21–Jun 20**

When your BFF introduces you to her new guy, she'll be relieved that you hit it off. But when circumstances throw you and him together on the 18th (*without* her) you'll almost cross the line between friendly and flirtatious. Luckily Mercury and Saturn will help you think straight!

### cancer

**Jun 21–Jul 22**

Cancer girls are known for being tough, but you're sensitive at the core. When a "friend" criticizes you at the start of the month, you'll torture yourself wondering if she's right. Thankfully the new moon on the 4th will urge you to hang out with girls who treat you with the love you deserve!

### leo

**Jul 23–Aug 22**

Your crew is planning a cool weekend getaway next month, but cash could be tight at the start of March. Don't stress, Leo! On the 28th, the sun will link up with wealth planet Pluto, sending lots of great moneymaking ideas your way. Soon you'll have enough to join them!

### virgo

**Aug 23–Sep 22**

This month, you'll have a strong opinions about everything, and you'll have no problem making yourself heard! But you may need to check yourself on the 16th—you could go overboard during an argument and really hurt a friend's feelings. Tread lightly!

### libra

**Sep 23–Oct 22**

You and your crush have been spending lots of time together, and on the 10th, Venus will bring you even closer. The only glitch? Your BFF misses you like crazy. Striking a balance between boy time and friend time is key for Libras, so making plans with her will be good for both of you!

### scorpio

**Oct 23–Nov 21**

You've had energy to burn lately and been running from event to event. Fun! But even a fierce Scorpio like you can't keep up this crazy-hectic pace forever. On the 20th, the stars will encourage you to slow down, so plan a girls' night in with your friends to relax and recharge!

### sagittarius

**Nov 22–Dec 21**

One of your closest guy friends (who you kind of like!) is having a rough time lately, and on the 21st, Uranus and the sun will prompt him to open up to you. Your upbeat attitude will boost his spirits, and he'll be touched by the way you listen. After this, he'll see you in a romantic light.

### capricorn

**Dec 22–Jan 19**

Change doesn't always come easily to Caps. But with the sun in the most wild area of your chart this month, you'll be jonesing to visit places you've never been. One hottie will find this adventurous new side of you irresistible. You'll have a great time together!

### aquarius

**Jan 20–Feb 18**

Aqua girls have a rep for doing their own thing, so when the most exclusive clique at school suddenly asks you to hang out, you'll be shocked—but curious enough to test the waters! At first, it will be fun, but on the 9th, Uranus and Mercury will have you longing to be on your own again.

= girl talk = fun parties = hot guys = crazy drama = instant stardom

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